



Letter from the Manse

Beulah

CROSSROADS

The Monthly Newsletter of Beulah United Reformed Church

August 2022



Dear Friends,

With wildfires raging, limited rainfall, searing heat, war just over the horizon, politics shaped far from our influence, it would not be surprising if we feel a bit worried about the future of our world. We have, over the past few weeks, wondered together what kind of world our children will be living in in 20-30 years. Will this strange summer be the norm or will the tide turn in a different direction. And what can we do to make a difference?

Making a difference may take the form of eating local and seasonal produce, changing our spending habits, driving differently and taking public transport. While we support each of these, we still wonder how our little lives can make a difference.

The author, Anne Lamott wrote, *'Hope begins in the dark, the stubborn hope that if you just show up and try to do the right thing, the dawn will come. You wait and watch and work: you don't give up.'* This, it seems, is our calling—to be people of stubborn hope, showing up in the world where life seems hopeless and pointing to God's love.

This 'stubborn hope' is why Beulah continues its work around climate change. This

is why the Grown, Not Flown Flower Festival is so positive. This is why, even when there are more coffee shops springing up, the option of coffee and cake in the Margaret Whittaker Lounge is important. This is why the open garden is important. This is why Graffiti Jesus, yarn bombing and community art projects remain central to our work. This is why Theology on Tap was started. They are all about connecting with each other and connecting with the community. Each in its own way offers hope and light and points toward God.

Lamott says—*'we wait, and watch and work.'* It would be easy to give up or to bury our heads in the sand, but God calls us out to read the world around us and find opportunities to respond. Each of our programmes has developed from just such waiting and watching and has become our work of hope. God calls us to continue to be messengers of hope despite times feeling barren and empty.

As Jesus says in Matthew 5: *'You are the light that shines for the world to*

Continued on p.2

Part of the United Reformed Church Cardiff and Penarth Pastorate

CHURCH NEWS

The holidays are here already, I hope you have a restful time and recharge ready for September. This year our household has seen the last (I hope) of A-Levels. I'm not quite sure where the last 20 years have gone! During July I attended the Joy of the organ recital by John Cheer, held at City Church. It was a lovely afternoon and good to hear how Emily's charity is growing with the opportunity to buy some Ugandan crafts. It was great to see John play on the big screen, including his feet.

At Church meeting we confirmed new Pastoral Elders: Beverley Hampson, Arlene Ramasut, Jonathan Grimes and Geraint Richards. Pat Cazenave will also serve for one more year. Thank you all, and to Mary Bidnell and Tony Webb who are finishing their term.

July also saw another Barbeque however after all the heat the weather wasn't as kind and it was held indoors. Thanks to all.

Family news

With sadness we heard Rhod Samuel's Dad died, our sincere condolences to Rhod, Natalie and all the family. We send out love and prayers also to family and friends of Barbara Clargo who died on 28th July.

Congratulations to Tom Hall and Rhian Thomas who were married on 29th July. Tom was the captain on Beulah's Football team. I'm

sure you will have had a great time celebrating with proud parents James and Sue Hall and daughter Olivia.

Thanks to Ingrid for sharing: Ingrid and John Watson will have their son Jack Baptised on 7th August, They are fairly new to church and along with their friends and family are excited for this celebration which has been long awaited. Jack was born in December 2019 and they have had to wait for this service since the start of the covid pandemic! I do like Jack's link to his grandfather, Tom Cruise and Leonardo Dicaprio. They are pleased to be part of Beulah and want Jack to know the love and closeness of a church family as in Ingrid's lifelong church, Christchurch United in Llanedeyrn .

A number of friends and members are unwell and we send our Best Wishes.

Anne

.... From p. 1 see. You are like a city built on a hill that cannot be hidden. People don't hide a lamp under a bowl. They put it on a lamp stand. Then the light shines for everyone in the house. In the same way,

you should be a light for other people.' We are that light, that beacon on the hill top, from which the light of God's love continues to shine despite the events around us.

Stubborn hope may not come easy, but we need it now more than ever. When we feel low, may we find inspiration, light and love in each other—as they live out stubborn hope. May we continue to be embody stubborn hope, and be light and love to others.

Peace,

Martha and David

Church Secretary:

Mrs Anne Wilkes

Tel: 07855640634

email:

secretary@beulahurc.org.uk

Church Treasurer:

Mrs Barbara Rhys,

7 Clas Tynycae, Rhiwbina

Tel: 07707030787

email:

treasurer@beulahurc.org.uk

Thank you

I would like to thank you for the lovely bouquet of flowers I received, kindly delivered by Ann. I have had such pleasure watching the lilies opening, filling the room with their perfume as they did so.

May God bless each and every one of you, and keep you safely in the palm of His hand,

With love, thoughts and prayers,

Cynthia (Davies)

Ministers in the Pastorate:

Revd. Martha McInnes Mob: 07519831405

Revd. David Dean Mob: 07772714388

Email: ministers@beulahurc.org.uk

COME AND PLAY TUESDAY AUGUST 16TH

We are organising a morning play session on Tuesday 16th August 10 – 12 am at the Canolfan, for children up to the age of 7 with accompanying adults. We have ordered a bouncy castle and there will be art activities, ride on toys and more.

You are welcome to come with your children/grandchildren. Please [book online here \(https://www.eventbrite.co.uk/e/come-and-play-tickets-370658287917\)](https://www.eventbrite.co.uk/e/come-and-play-tickets-370658287917) or contact us to register by email.

We would be grateful if you could spread the word to friends, neighbours, playgroups etc as we would love to see a wide circle of people coming together to enjoy time with their children and to meet one another.

A limited number of flyers will be available to promote the event – if you can use some, please let us know

Fiona Liddell and Fleur Richards

Expressive drawing and mindful doodling – autumn workshops

In the autumn we plan to run a series of workshops in the Canolfan, to which we hope that members and friends of Beulah, sister churches in the pastorate and also members of the wider community will want to attend. Cardiff Artist Alison Graham will be facilitating the sessions.

The first of these, **Expressive Drawing**, will be on Monday 19th September 7 – 9pm. This event will be organised by Cardiff Council, marketed as part of the national Adult Learning Week and is open to everyone aged 16+. No particular artistic ability is required!

Subsequent **all age workshops on Mindful Doodling**, will take place on Sunday afternoons 2 – 4pm on October 9th, November 13th, and December 11th. These are for anyone 16 + years old and for accompanied children of any age.

In between these, workshops from 2 – 4 pm on October 23rd and November 27th will be **Mindful Doodling for young people** aged 11 – 15 years.

As well as being an art teacher, Alison also teaches yoga. We are excited to be able to explore with her some different ways to unleash our inner spontaneous creativity!

All sessions are free of charge and all are welcome, although numbers will be limited. Please note the dates and share the information with others who may be interested.

Registration details will be available soon. Meanwhile if you have queries or want to express interest in one or more of these sessions, contact Fiona Fiona.liddell1@virginmedia.com.

Come

and

Play

Tuesday
16th
August

10-12am
in

The
Canolfan
Rhiwbina
Village



Toys

Art & Crafts

Snacks

Contact: fiona.liddell1@virginmedia.com

Or book online here.....

(<https://www.eventbrite.co.uk/e/come-and-play-tickets-370658287917>)

Invitation to the We Walk Together: Bereavement Support Walking Group

Where: Roath Park Lake, Cardiff.

Meet at the Scott Memorial Light House / Clock Tower.

When: During 2022 we will meet at 2.00pm on the first Wednesday in each calendar month – 3rd August, 7th September, 5th October, 2nd November, 7th December

We all know that the last few years has seen so many of us dealing with bereavement, grief and loss in a way that none of us has ever quite known before. We also know that bereavement is a uniquely personal experience which is all too often accompanied by isolation and loneliness.

For many people the most meaningful support often comes through spending time with others who truly understand from experience the emotional and practical challenges which losing someone close brings, engaging in activity, and connecting with and enjoying the natural world.

It's well established that exercise, fresh air, and enjoying the company of others can all combine to provide invaluable support.

So come and join us and help us launch our 'We Walk Together', Bereavement Support Walking Group.



We will meet at 2.00pm on the first Wednesday in each calendar month at the Scott Memorial, Roath Park Lake, Cardiff. All the dates are listed at the top of this invite.

The walk will take place regardless of the weather on the day (just wear wet gear and bring the umbrella if need be). The plan will be to go for a stroll around the lake. A circuit of the Lakeside is about 1.6 miles. Rest assured this is not a ramblers group, we will go for a stroll and ensure that the pace accommodates all involved. At the walks conclusion we will gather for refreshments at the Terra Nova cafe which is located in Roath Park.

The group will be supported by myself (Mark Jones, Solace Bereavement Support, Mental Health Services for Older People, Cardiff and Vale University Health Board) and Health Board Volunteers.

But most importantly this will be a Walking Group to be shaped by all those participating. This will be your group. Over the months as the group grows we can together agree new walking locations. But to get us started in 2022 we will meet at the Scott Memorial in Roath Park.

Please come and join us, a warm welcome awaits whatever the weather.

The Roath Park Lake site is renowned as a habitat for swan, geese, and overwintering birds including Mallard, Great Cormorant, and Herons.

If you have any queries feel free to give me a call (079765 10648).

Best Wishes, We Walk Together.

Mark Jones

Bereavement Support Development Worker Solace Carers Support Service

Mental Health Services for Older People Cardiff and Vale University Health Board

**Or speak to Viv Morgan
Tel: 07570 807025**

To: All members and adherents of United Reformed Churches and our Local Ecumenical Partnerships

Dear Friends,

Is anyone back to normal?

After two years of pandemic and lockdown, and Covid still with us (thankfully, for most, in a much weaker form), we can now worship together in person and find fellowship again. But for most of us it is not simply a return to how it used to be; some people have not returned to church, some have died or become too frail, some churches have closed and others considering it.

Now we have significant European turmoil and its likely effect on fuel and food prices for us in the UK. Thank God that “Jesus Christ is the same yesterday and today and forever” (Heb. 13 v.8). Whatever else changes, He is our rock, our cornerstone.

Financially, things were extremely tough for churches in 2021. Plate offerings had collapsed; some regular givers had to reduce or entirely stop giving to support God's work; and those churches which hire

out their premises had seen income from that source disappear. Even those churches where the majority of the giving was by standing order or bank transfer (*if you have not considered regularising your giving in this way, please do – it helps your treasurer significantly*) may have seen a 20%+ drop in income.

If this had been replicated in giving to the M&M Fund in 2021, we might have been faced with a serious financial crisis last year.

But no, through the generosity of individuals, churches and Synods, we can report that income only fell by 4.4%. With a similar reduction in expenditure the M&M Fund result was a deficit of only £80,000 (less than one-half of one percent of income), a deficit that can be comfortably covered by reserves.

So, thank you to all who continued to contribute to your local church, thank you to all those churches who met their commitment for 2021 in full, and thank you to all those who, in adversity, continued to treat the M&M Fund as the first priority and paid what they could.

With churches and individuals under financial pressure, 2022 is not going to be an easy year

either. The M&M Fund budgeted income (based on Synods' projections) will not be sufficient to cover expected costs and we are reconciled to dipping into our reserves more seriously as a result.

However, if we “ordinary Christians” are to fulfil the call of Jesus to be His witnesses in the world around us we need ministers and other workers “on the ground” and we need shared resources which are often best created centrally. That all comes from the M&M Fund.

Again, thank you all!

If you have any questions or comments arising from this letter, please speak to your church treasurer who has been provided with more detailed information. If they are not able to help directly then they can get in touch with the finance team at Church House.

Yours in Christ,

Ian Hardie (Treasurer)
Vaughan Griffiths (Deputy Treasurer)
 (On behalf of the URC Finance Committee)

	AV System Rota	Bible Readings	Prayers
August 7th	Huw Morgan	Fiona Liddell	Hollie Glanfield
August 14th	James Hall	Liz McCarthy	Mary Edwards
August 21st	Richard Sweetnam	Huw Morgan	Arlene Ramasut
August 28th	Nigel Barwise	Gaynor Rees	Derek Evans
September 4th	Andrew Glanfield	Andy Wales	Jonathan Grimes
September 11th	Harley Jones	Bev Hampson	James Hall
September 18th	Richard Sweetnam	Hollie Glanfield	Ann Brown
September 25th	Huw Morgan	Eleri John	Richard Sweetnam

Irene Bragg

Helen would like to say a sincere thank you to her Beulah family at the sad and sudden loss of Mum, Irene, and to thank Martha for giving such a lovely meaningful service.

This is for, and from Mum:

“Go and know that the Lord goes with you; let him lead each day into the quiet places of your heart where he will speak with you; know that he loves you and watches over you.”

It was when my Dad died I realised as Christians we don't own our own lives. God does.

Mum will be forever in my heart. I am broken, but Mum is at peace, much loved and sorely missed.

My love and thanks to you all.

Helen

FINANCE MATTERS

As you will see elsewhere in Crossroads, the URC have sent a letter thanking all churches for their support during the past couple of years. I would like to add Beulah's thanks. I have said this at various meetings but I would like to reiterate mine and the Finance Committee's grateful thanks for all of those of you who have continued to support the Church with your giving in various ways throughout what has been, and continues to be, a difficult time.

Covid has changed many things and we feel that the time has come to review how we deal with regular giving and other donations in the Church. As you will know, we have already dispensed with an offertory collection during worship, but there are collection plates in the Church porch for you to use. We have also taken the decision to do away with the weekly envelopes as only 3 people have asked for them for them in this financial year and they cost a considerable amount of money to have printed. If you really would like an envelope, then please use one of the yellow gift aid ones or speak to me and we can give you some of the ones that have not been used over the past 2-3 years as only the date will differ.

We are currently investigating the use of card readers which

may be useful for some of you. However, the majority of members and friends choose to pay by monthly Standing Order. This is a great help to me and easier for you as you can decide what you can reasonably afford each month and change it at any time should your circumstances change. But, whatever, method you choose – occasional, weekly or monthly – by BACS, cheque or cash - your generous giving is much appreciated.

Again, the majority of you who are able to Gift Aid are already doing so but, if you are not but would like to do so, please contact me for more information or a Gift Aid form. As you will be aware Gift Aid is an essential part of the Church's income.

My apologies that I am not always available in Church at present but I am always available on the phone or by email. My contact details are in the Beulah Directory.

My thanks, as always, to the members of the Finance Committee. For information they are: Colin Grimes, Eleri John, Huw Morgan (Chair), Fiona Reynolds and Ruth Williams. Thank you to them for the way in which they help, support and encourage me.

Thank you to you all for taking the time to read this article.

*Barbara Rhys
Church Treasurer*

Canolfan Coffee Rota.

I am shortly preparing the next rota for the popular tea and coffee after Sunday morning services, which will commence on 4th September, for the next 13 weeks. I am looking for a further two volunteers to help on the new rota, which will involve you participating on one occasion in each thirteen week period.

If you are able to help please phone me on 07968 080366

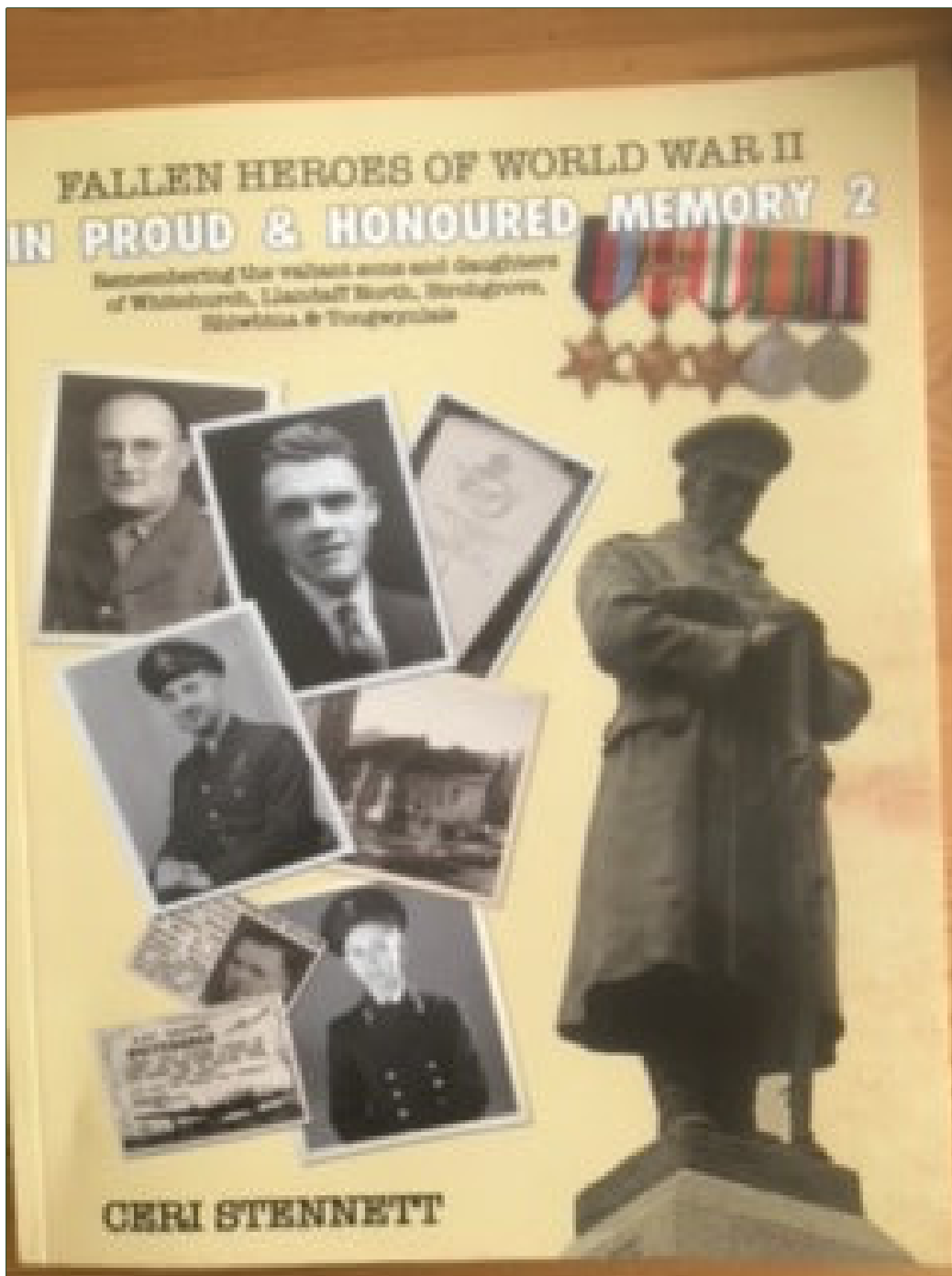
Mary Warsop



DIRECTORY OF MEMBERS & ADHERENTS 2022-23

Please check your entries in the current directory, and if there any amendments you would like to make (or if you wish to be included in the next edition) please let Anne James & Louise Morgan know as soon as possible.

Many thanks.



Stan Stennett's son Ceri has written two books about the names on the war memorial in the gardens of Whitchurch library. The second book as seen on the photograph was published in November 2021 . I was in contact with Ceri Stennett in 2020 as he needed more information about my uncle Emrys Williams .

Emrys was the younger brother of my mother Denie Leech , they grew up in 'Westwood', Beulah Road, Rhiwbina . In December 1943, Emrys tragically died at just sixteen years of age , he fell down the hold of a ship and had only joined the Merchant Navy six weeks before as a cadet and had only been on the ship for one week .

I was able to give Ceri these details and also gave him a lovely photograph of Emrys in his uniform which you can see in the photograph at the bottom of the front cover of the book, so young and innocent .

Emrys was a well-liked young man in Rhiwbina and a member of the 1st Rhiwbina Scouts , maybe some of you may have known him.

Each person on the memorial is written about, you may have a family member on the list , such a tribute to all those who lost their lives during the Second World War .

A final chapter in the book is about Richard George Fice from Rhiwbina, a talented musician in the Royal Marines who died in 1989 in Kent by an IRA bomb. An annual memorial concert is held in Whitchurch High School in his name.

His name was added to the memorial and is the only one not connected to either of the World Wars .

The book may be of interest to you and it is available to purchase from Siop Y Felin, Merthyr Road, Whitchurch or direct from Ceri Stennett . E Mail ceristennett@gmail.com

Thelma Ward (Ron and Denie Leech's daughter)

EFOD ride - I did it! Thank you all

Sorry to have taken more than a month to update you all, but I'm very pleased to confirm that I completed the EFOD cycle ride on 9th and 10th June. The photos below hopefully give a small flavour of it.

As anticipated, it was pretty challenging. Day 1 was definitely harder than day 2. Much more hills, a seemingly almost constant headwind (despite the route travelling east, then south, then west?!), and a brief spell of bucketing rain. The scenery was amazing though – very remote mountain passes,

the Elan Valley and then Llyn Brianne reservoirs, etc. Chance encounters included a vintage Porsche rally (we lost count after about 50 cars passed us!), and the 'human versus horse' race near Llanwrtyd Wells. Leaving Aberystwyth at 8am, I rolled thankfully into Lampeter about 6.30 pm after about 105 miles. We had climbed over 10,000 feet – or nearly 2.5 x the height of Ben Nevis.

Day 2 was **only** 95 miles, and quite a bit less hilly. We still crossed the Black Mountains, and then the Rhigos and

Bwlch passes closer to home. The weather was better and we rode together more, maybe because we needed company on the long climbs! I felt very much accepted by the other riders, even though many of them were 20-somethings from Arup (a firm of engineers who organise the ride). There were a few oldies like me too, I'm glad to say. A few had travelled far to take part, one from Kent! A final word must go to the organisers and support crew, who made it the enjoyable event it was. The sight of a van in a layby in the middle of nowhere stocked with food and water really helps raise the spirits! University accommodation and food was also great – I'm not sure I'd have coped on the first EFOD in 2010 when they camped.

Many, many thanks to all who have given to the charity so generously. It does make it all worthwhile. I'm not exactly sure how much I've raised (as some donations are understandably anonymous) but it's around £400 from church which is amazing, and well over £2000 in all. **Engineers for Overseas Development** and their Faith School <https://www.efod.org.uk/cardiff>. It will make a real difference to If anyone would still like to contribute, here is the link again - <https://lnkd.in/gawDupqY>

Pat Ruddock



CHURCH CALENDAR

August

Sunday 7th	10.30a.m.	Rev. Martha McInnes: Family Worship with Infant Baptism
Friday 12 th	10.00a.m.	Whittaker Lounge Café
Saturday 13 th	10.00a.m.	Whittaker Lounge Café
Sunday 14th	10.30a.m.	Mr Richard Edwards Junior Church
Tuesday 16 th		Come and Play 0-7 yrs in Canolfan (Booking required)
Friday 19 th	10.00a.m.	Whittaker Lounge Café
Saturday 20 th	10.00a.m.	Whittaker Lounge Café
Sunday 21st	10.30a.m.	Mr Geraint Richards Junior Church
Friday 26 th	10.00a.m.	Whittaker Lounge Café
Saturday 27 th	10.00a.m.	Whittaker Lounge Café
	10.15a.m.	WRB Prayers at Whitchurch Methodist Church
Sunday 28th	10.30a.m.	Worship Group Junior Church
		Crossroads Deadline

September

Friday 2 nd	10.00a.m.	Whittaker Lounge Café
	10 - 4p.m.	Grown not Flown Flower Festival
Saturday 3 rd	10.00a.m.	Whittaker Lounge Café
	12 - 4p.m.	Grown not Flown Flower Festival
	4.00p.m.	Earth-friendly Growing with Emma Williams
Sunday 4th	10.30a.m.	Mrs Louise Morgan: Communion Junior Church
	12 - 4p.m.	Grown not Flown Flower Festival
Monday 5 th	2.0n 0p.m.	Womens' Fellowship
	9.30a.m.	Miss Tilley's Cafe starts back after summer break
Tuesday 6 th	9.00a.m.	Beulah Tots starts back after summer break
Friday 9 th	10.00a.m.	Whittaker Lounge Café
Saturday 10 th	10.00a.m.	Whittaker Lounge Café
Sunday 11th	10.30a.m.	Rev. Stephen Best Junior Church

EDITORS

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Visit us at.....

<http://>

www.beulahurc.org.uk/

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

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

GROWN NOT FLOWN

**A sustainable flower festival with arrangements
created from locally grown blooms, plants and foliage**

**Beulah United Reformed Church
Rhiwbina Cardiff CF14 6LT**

**2nd and 3rd September 10.00 am - 4.00 pm
4th September 12.00 noon - 4.00 pm**

EARTH FRIENDLY GROWING

**with Emma Williams from Wenvoe Flower Farm
Saturday 3rd September 4.00 pm in the church**





Creating and maintaining habitats for pollinators

7 August

14:00-16:00

All Saints Church Hall, Rhiwbina

Free workshop

All welcome

Learn about the needs of different pollinator groups and how you can create pollinator-friendly spaces in Cardiff

For information and to book visit
www.caerdyddgwylt.org/workshops



Photo: Steven Falk



Pat visited some beautiful places on his EFOD ride!



