



# CHURCH NEWS

September started with the Grown not Flown Flower Festival. There was an amazing display of flowers and it was great to see the talents of those from Beulah, Pastorate Churches and the wider community. A great big thank you to all involved. I particularly enjoyed listening to Emma Williams sharing stories about her Flower Farm in Wenvoe with hints and tips for no dig gardening. I am looking forward to seeing how a small patch of my garden grows in the next year!

It was nice to see Revd. Stephen Best and Revd. Peter Cruchley lead services again. Our best wishes to Peter as he moves soon to Geneva and a new role with The World Council of Churches.

We held our church meeting both in person and Zoom which worked well – I think everyone could hear and was able to take part. We had some break out discussions about ways of supporting over the winter with the energy crisis.

Our children and young people have started New Terms including moving up in Junior Church or to Youth Fellowship others off to University, Apprenticeships, Work or travelling. Good Luck to you all. Term time activities have also returned to the Canolfan including Beulah Tots.

October will see the new Caffi Dosbarth in the Whittaker Lounge on a Thursday morning 9.30am-12.00. Run by

Whitchurch High School, please pop in to support if you are able. As you know Christine Pugh has stepped down from the Whittaker Lounge Café, thank you to her and Duncan for their commitment to this over many years.

Sadly the 50<sup>th</sup> Anniversary Celebrations in London have been postponed due the rail strike. We will look forward to celebrating this at another time. Our joint Pastorate Service is going ahead and it will be good to catch up at the lunch afterwards.

We will also have opportunities to meet up with Pastorate friends in the Cymanfa Ganu at City, and Prayer Walks, look out for further details in the weekly notices.

I have some early (very early) memories of 1<sup>st</sup> October 1972 when the URC was formed. Thanks to Mike and Mary Warsop for sharing theirs:

*As members of Star Street Congregational Church in Roath, The Minister Revd. Malcolm Page asked if their*

*daughter Lynne who was six weeks old, could be christened at the service.*

*So Lynne entered the church as a Congregational person and left as a 'United Reformed' person, with two christening certificates one from each church. The service also included family and church members, Scouts, Guides, Cubs and Brownies on their parade Sunday.*

*Best wishes*

*Anne*

## **Church Secretary:**

**Mrs Anne Wilkes**

email:

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## **Church Treasurer:**

**Mrs Barbara Rhys,**

email:

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

## **Ministers in the Pastorate:**

**Revd. Martha McInnes**

**Revd. David Dean**

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

...from p.1

connecting to God.

'Having a blessed day' can happen on good days or bad days, in crisis or in joy. It is about seeing God's presence in your life. Blessing is about connecting through our experiences to God. We don't only do this on 'great' days.

You may indeed be having some 'great' days. If so, we wish you joy in them. But if life is less than wonderful, we wish you God's blessing on this day in the days to come. May you know God's presence with you—and in God's presence find peace and blessing.

*Yours in Christ,*

*Martha and David*

## Mindful doodling

You are welcome to book and come along to one or more of the Mindful Doodling sessions that are being held in the coming months:

**Sunday October 9<sup>th</sup> 2 – 4 pm. Mindful doodling (all age).** Suitable for anyone over 5 years of age. Children 5 – 16 years must be accompanied by a participating adult. (Adults without children are also welcome to attend!)

**Sunday October 23<sup>rd</sup> 2 – 4 pm Mindful doodling (11 – 16 year olds, or school years 7 – 11).** Parental consent will be required for young people to attend

**Sunday November 13<sup>th</sup> 2 – 4 pm Mindful doodling (all age) –** as above

**Sunday November 27<sup>th</sup> 2 – 4 pm. Mindful doodling (11 – 16 year olds) –** as above

**Sunday December 11<sup>th</sup> 2 – 4 pm Mindful doodling (all age) –** as above.

You can see more details and register online on [Eventbrite here](#)



or contact Fiona

All sessions are led by artist Alison Graham. We take a playful approach, encouraging participants to 'let go' and enjoy their creativity, along with others, using a range of media and materials



## Let's Zoom!!

Beulah is thinking about developing an online community, mainly through Zoom, to build on the developments in access, knowledge and fellowship of the last two years. There are opportunities to develop church activities to make church more inclusive and offer new ways of getting together.

Some continue to be careful because of health requirements, sometimes people are ill or unable to come to events for other reasons, some may be away from home. An online community would also offer a chance for cross pastorate friendship.

Would you be interested in online events such as bible study or a house group?

Would you enjoy making friends in chat groups over a coffee, film societies or book groups?

If anyone has any interest in online events, or better still has any ideas for getting together online, please contact:

*Anne James*

# Concerts at the Crossroads

Evening Concert  
Friday November 4<sup>th</sup> 2022 at 7.30pm

Celebration of 100<sup>th</sup> Beulah Concert  
*Rebecca Evans – soprano*  
*Michael Pollock – piano*

This is a re-scheduling of the 100<sup>th</sup> lunchtime concert March 2020 which had to be cancelled because of lockdown. We thought that it would make a good kick-start to resuming the concerts in Beulah! Rebecca suggested that she could make it an evening concert so I thought WOW lets go for it!

The programme devised by Michael and Rebecca is mostly song – folk song, music theatre and classical song. She has also included some opera arias namely by Mozart, Puccini and Bernstein. They have called the recital

*'The Nature of Love and the Love of Nature'.*

**Concert Tickets £10** available from Trix Pryce , Jill and Peter Ferdinando and Serenade in Rhiwbina Village

There is an optional cheese and wine buffet following the concert, which should be pre-booked, as numbers are limited.

**Buffet tickets £5** also available from the above

As I write the tickets have started to sell, and the buffet tickets in particular, are in demand – we all love a party!

.....  
Date for the diary:

**Lunchtime concert: Wednesday November 30<sup>th</sup> at 1.05 pm**

Sam Baxter – oboe with Bethan Semmens - harp



## THANK YOU

As some of you may know, Christine Pugh has been Chair of the Whittaker Lounge Committee, with a great deal of support from Duncan, for the past 6+ years.

Thank you for all that you have given to the Lounge during that time. You have overseen many changes, including the introduction of Miss Tilley's running the café on Mondays and Tuesdays in termtime; new coffees; coping with covid and the introduction of rules to allow re-opening as soon as was feasible, just to mention a few. With the help of the Committee and a small team of 'advisers' you managed the total refurbishment of the Lounge during lockdown. Recently, you have also welcomed young people from the Special Resource Base at Whitchurch High School to help in the Lounge on a Friday morning and, latterly, slightly older young people from the same unit who have, and will continue to, run the Lounge on a Thursday morning in termtime.

It has always been a lovely space in which to meet, but now it has a different look which is equally attractive and welcoming. I know you had hoped to acquire some new chairs and crockery but that will come, and I know you and Duncan are going to continue to help with some of the shopping in the future.

Thank you, from the whole Beulah family, for all you have contributed to this important area of the Church's life – an open door to our local community.

*Barbara*



**COFFEE MORNING**

**CHRISTMAS CRAFTS**

**&**

**BAZAAR**

**Saturday 22nd October 2022**

**10.00am -12 noon**

**in the Canolfan**

**Beulah Rd, Rhiwbina**

**Cardiff**

**In aid of**

**Marie Curie Holme Tower**

**Penarth**

**Sale of books, handmade greetings**

**cards, crafts and gifts for**

**Christmas**

**Admission 50p**

*This article, written by Mary Edwards in collaboration with Karen Holbrook, has also been sent to the Editors of Reform and the Synod Newsletter....*

# Grown Not Flown

A sustainable flower festival in Beulah URC, Cardiff  
2-4 September 2022

In Beulah United Reformed Church we have a strong tradition of using flowers and foliage as part of our worship. We are also an Eco Church and realise that caring for God's earth and seeking global climate justice means that we must consider the environmental impacts of all aspects of our church life, including the way we use plants and flowers in our flower arranging.

In the spring of 2022, the Elders discussed how Beulah might mark the Queen's Platinum Jubilee and the possibility of organising a flower festival was mooted. However, we felt the traditional pattern of using floral foam and imported flowers was no longer acceptable. Importing flowers from overseas can produce up to ten times the carbon footprint of locally grown flowers and the foam materials commonly used in flower arranging are unsustainable and non recyclable. Karen Holbrook, who oversees flower arranging at Beulah, is passionate about minimising our carbon footprint and promoting local, seasonal flowers and foliage. She suggested putting on a sustainable flower festival later in the year. The ethos of the festival would be that all the arrangements would be created from locally grown blooms, plants and foliage and that there would be no use of floral foam.

The idea soon became a reality as local churches, organisations and businesses agreed to participate. Seeds and plants were handed out after worship to those willing to grow flowers for the festival and over the summer flower heads from plants such as lavender and hydrangea were donated for drying. As the festival was being set up, people brought along their flowers and foliage to decorate the church and contribute to the beautiful arrangements.

The culmination of this ambitious project was our spectacular Grown Not Flown Flower Festival which provided an opportunity to enjoy the glorious and abundant flowers we have growing in our gardens and allotments. The festival ran for three days with several hundred people coming into the church, some for the first time since the pandemic. As well as viewing the floral displays, visitors had the opportunity to hear from a local flower farm about earth friendly growing methods. Karen has recently become an ambassador for *Sustainable Church Flowers* whose vision is clear - 'to reduce pollution in our floral decorations by using carbon neutral flowers and less plastic'. We reached out into the local community, inviting them in to the church to join us in going forward to glorify God sustainably.

*Mary Edwards  
Beulah URC*

# GROWN NOT FLOWN



	<b>AV System Rota</b>	<b>Bible Readings</b>	<b>Prayers</b>
<b>October 2nd</b>	Nigel Barwise	—	—
<b>October 9th</b>	James Hall	Matt Jones	Anne James
<b>October 16th</b>	Andrew Glanfield	Derek Evans	Kaye Mundy
<b>October 23<sup>rd</sup></b>	Huw Morgan	Marion Williams	Derek Evans
<b>October 30th</b>	Harley Jones	Jonathan Grimes	Eleri John
<b>November 6th</b>	Richard Sweetnam	Sophie Jones	Richard Edwards
<b>November 13th</b>	Nigel Barwise	Pat Ruddock	Bev Hampson
<b>November 20th</b>	James Hall	Vicki Grimes	Carol Coleman
<b>November 27th</b>	Andrew Glanfield	Roger Bidnell	Mark Stevens

## Thank You

I would like to say thank you to the Beulah family for the lovely flowers and good wishes which I have received during my recovery from recent cataract surgery. Thank you everyone. Much appreciated

*Viv Morgan*

**EDITORS**  
Colin Grimes,

Huw Morgan,

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## **WRB** (Whitchurch, Rhiwbina and Birchgrove) **Prayers**

**At 10.15-10.45 am. All Welcome**

29<sup>th</sup> OCTOBER All Saints, Maes y Deri, Rhiwbina, CF14 6LJ

26<sup>th</sup> NOVEMBER St. Teilo's, Old Church Rd, Whitchurch, CF14 1AD

31<sup>st</sup> DECEMBER Rhiwbina Baptist Church, Lon Ucha, Rhiwbina, CF14 6HL





## CHURCH CALENDAR

<b>October</b>		
<b>Sunday 2nd</b>	<b>10.30a.m.</b>	<b>Revd. Martha McInnes for Revd Fiona Bennett:</b> Joint Pastorate service Induction of Elders and New Members
	7.15p.m.	Youth Fellowship
Monday 3 <sup>rd</sup>	9.30a.m.	Miss Tilley's Community Café
	2.00p.m.	Women's Fellowship
Tuesday 4 <sup>th</sup>	9.30a.m.	Miss Tilley's Community Café
	9.30a.m.	Beulah Tots
Thursday 6 <sup>th</sup>	9.30a.m.	Caffi Dosbarth
Friday 7 <sup>th</sup>	10.00a.m.	Whittaker Lounge Café
Saturday 8 <sup>th</sup>	10.00a.m.	Whittaker Lounge Café
<b>Sunday 9th</b>	<b>10.30a.m.</b>	<b>Mrs Judy Harris: All Age Worship</b> Youth Fellowship
	7.15p.m.	
Monday 10 <sup>th</sup>	9.30a.m.	Miss Tilley's Community Café
	2.00p.m.	Women's Fellowship
	7.30p.m.	Elders' Meeting
Tuesday 11 <sup>th</sup>	9.30a.m.	Miss Tilley's Community Café
	9.30a.m.	Beulah Tots
Thursday 13 <sup>th</sup>	9.30a.m.	Caffi Dosbarth
Friday 14 <sup>th</sup>	10.00a.m.	Whittaker Lounge Café
Saturday 15 <sup>th</sup>	10.00a.m.	Whittaker Lounge Café
		Hybrid Autumn Synod Meeting, Llandrindod Wells
<b>Sunday 16th</b>	<b>10.30a.m.</b>	<b>Mrs Marion Williams &amp; Mrs Jenny McDowell</b> Junior Church
	7.15p.m.	Youth Fellowship
Monday 17 <sup>th</sup>	9.30a.m.	Miss Tilley's Community Café
	2.00p.m.	Women's Fellowship
Tuesday 18 <sup>th</sup>	9.30a.m.	Miss Tilley's Community Café
	9.30a.m.	Beulah Tots
	7.30p.m.	Theology on Tap: the Deri pub
Thursday 20 <sup>th</sup>	9.30a.m.	Caffi Dosbarth
Friday 21 <sup>st</sup>	10.00a.m.	Whittaker Lounge Café
Saturday 22 <sup>nd</sup>	10.00a.m.	Whittaker Lounge Café
<b>Sunday 23rd</b>	<b>10.30a.m.</b>	<b>Revd Martha McInnes / Revd David Dean</b> Junior Church
<i>Crossroads Deadline</i>		Youth Fellowship
Monday 24 <sup>th</sup>	9.30a.m.	Miss Tilley's Community Café
	2.00p.m.	Women's Fellowship
Tuesday 25 <sup>th</sup>	9.30a.m.	Miss Tilley's Community Café
	9.30a.m.	Beulah Tots
Thursday 27 <sup>th</sup>	9.30a.m.	Caffi Dosbarth
Friday 28 <sup>th</sup>	10.00a.m.	Whittaker Lounge Café
Saturday 29 <sup>th</sup>	10.00a.m.	Whittaker Lounge Café
	10.15a.m.	WRB Prayers: All Saints, Lon y Deri
<b>Sunday 30th</b>	<b>10.30a.m.</b>	<b>Synod Service</b> Junior Church
Monday 31 <sup>st</sup>	9.30a.m.	Miss Tilley's Community Café
	2.00p.m.	Women's Fellowship
<b>November</b>		
Tuesday 1 <sup>st</sup>	9.30a.m.	Miss Tilley's Community Café
Friday 7 <sup>th</sup>	10.00a.m.	Whittaker Lounge Café
Saturday 8 <sup>th</sup>	10.00a.m.	Whittaker Lounge Café
<b>Sunday 6th</b>	<b>10.30a.m.</b>	<b>Martha/David: Communion</b> Junior Church
Monday 7 <sup>th</sup>	2.00p.m.	Women's Fellowship
	9.30a.m.	Miss Tilley's Cafe
Tuesday 8 <sup>th</sup>	9.30a.m.	Beulah Tots
Friday 11 <sup>th</sup>	10.00a.m.	Whittaker Lounge Café
Saturday 12 <sup>th</sup>	10.00a.m.	Whittaker Lounge Café
<b>Sunday 13th</b>	<b>10.30a.m.</b>	<b>Mr Iestyn Henson: Remembrance Sunday</b> Junior Church
	7.15p.m.	Youth Fellowship

**Contributions for the next edition of Crossroads should be submitted by Sunday, 23<sup>rd</sup> October and Colin will be editing.**

Please note,  
editorial e-mail:  
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*Visit us at.....*

**http://**

**[www.beulahurc.org.uk/](http://www.beulahurc.org.uk/)**

We will be showing this movie at Canton, 6 pm on 19 November.

£2 per person or £5 per family group



## After The Flood

After the Flood: the Church, Slavery and Reconciliation.



A new documentary.

[www.mjr-uk.com](http://www.mjr-uk.com)

## HARVEST

Thanks you to everyone who donated items for our Harvest collection this year. The count is at least .... 28 boxes of toothpaste, 42 toothbrushes, 35 soaps, 40 shower gels, 13 shampoos, 25 deodorants, 12 razors, 44 pants and 82 pairs of socks! Plus razors, sanitary products, additional socks, pull on hats, and food. So many things that I gave up counting. Thank you all again, you are so generous. Everything will be divided between the Huggard Centre and Foodbank.

*Thanks from KIN*

You will also see that I have labelled a basket in the bookcase in the MWLounge for any toiletries you may want to continue collecting, which I will give to Foodbank on a regular basis. There are lots of opportunities to give food to Foodbank in collections in the shops, but we often forget about the need for personal hygiene items. So please donate new items of shampoo, soap, sanitary products, deodorant/antiperspirant.

*Thanks from Eleri*



