



## CHURCH AND FAMILY NEWS

As Anne James is convalescing after her operation, Barbara, Ruth, Liz and I have done our best to provide our regular round-up of Church and Family News. Please accept our apologies for any omissions or oversights. We wish Anne a speedy and full recovery and look forward to her picking up this column after the Summer recess.

It's been a wonderfully busy period since our last Crossroads as always in Beulah. Our time started with Christian Aid week and our ever-popular Big Brekkie – many thanks to all those involved in planning and preparing for this key date in the Beulah diary – and one that is important from both fundraising and campaigning perspectives as well as being a very enjoyable and social way to spend a morning with friends. We also met in joint worship and fellowship with Bethany Baptist and All Saints churches where we heard from Jennie Weaver from Chirstian Aid Wales about the work they support. Thank you also to all those involved in delivering envelopes and everyone that gave generously, of both their time and in their donations.

This month also saw the annual Elders nominations

process. At the time of writing, we do not yet have an outcome, but we are grateful to all those who submitted a nomination and particularly to Arlene and Philippa who spoke so openly and helpfully about their experiences of Eldership. We are so blessed to have so many among us in Beulah willing to serve in these important roles.



Towards the end of the month of May, a party of stout souls braved the trains, roads and boats to join with the Iona Community for a short period of retreat. The photos shared to date on FaceBook of the boat crossing look .... Well .... very wet and we look forward to hearing of their experiences in the weeks to come.

On the 7th June we celebrated Joy of Learning's 3rd Birthday with a Birthday Party Quiz – thank you to everyone who came along to support and all those involved in organizing this fun afternoon. Other celebratory activities included a charity film show, aiming to walk (collectively!) 4,106

miles, the distance from Cardiff to Uganda, and a rather special Amalthea Ensemble charity concert, dedicated to Simon Ruddock. We also learnt that John Cheer, as well as being a maestro musician, can also run marathons for charity – there is no end to his talents! If you'd like to donate to this amazing cause, please get in touch with Emily Cheer.

At the start of June, we welcomed the return of our TED services, led by John Cheer, with a further service planned for the 7th July. These services aim to provide an alternative worship opportunity through prayer, contemplation and music. We also enjoyed some wonderful music through the renewed Concerts at the Crossroads series, and we are grateful for all the work that goes into organising these.

We are also very grateful this month for Tony Webb's considerable efforts in restarting the coordination and offering of lifts to church on a Sunday and welcoming back those who are now able to join us.

In June we also welcomed the new Church and Canolfan signage – many thanks to both

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## Letter from the Manse

(Continued from Front page)

and our own fears, but instead perhaps we can pause our own thoughts to check in with others and see how they are doing.

To support others, we can be 'present' to them. Being present requires that we listen and create space for others to talk. This kind of listening means not jumping in with our own experience or our own answers. Instead, we put our stories and experiences aside to allow our friends to name their concerns, worries, needs, and fears. This is not always easy and does not always come naturally to some of us. It is a skill we can all learn. If we find we cannot create space to be present for others, perhaps we can find someone else who does have the skills. We can then make a connection between them, so we know our friend does have someone to listen to them. Being present in this way may be just the 'light' the other person needs.

Sometimes friends who are struggling may need more than a listening ear. In this case we may need to encourage them to access professional help.

Each of us as Jeremiah suggests, can embrace the role to be light, to share God's love by being present not preachy. When we do, as individuals and as community, we are reminders to our friends that despite their feelings of lostness or overwhelm, they are still deeply loved and valued.

Being present and being light can be a tough ask. As churches, it is in fact a journey we have long been on together. It is a journey on which we still find ourselves. We could call it our calling - being presence and light in our weary, sad world.

***When day comes, we step out of the shade, aflame and unafraid.***

***The new dawn blooms as we free it.***

***For there is always light, if only we're brave enough to see it.***

***If only we're brave enough to be it.***

*Amanda Gorman*

We would like each of you reading this to know that if you are struggling with life, there is someone in this community to whom you can turn. Ask us or indicate to someone in some way. And to all of us, whether we are struggling or we are seeking to be listeners and light, may we experience God's presence and peace.

Yours In Christ,  
*Martha and David*



## CHURCH AND FAMILY NEWS

(Continued from p.2)

Mike Warsop and Chris Wilkes for arranging this. The blue in the new URC logo has attracted many positive comments!

We also celebrated Mike Warsop's service on, and Chairing of, Premises Committee as he steps down after more than 20 years of service. We are so grateful for his tireless care for our buildings and facilities. We are grateful to Chris Wilkes for taking on the mantle of Chair of Premises Committee and know we are in his safe hands going forwards.

This month we also said thank you to Jo Jones who has come to the end of her time with us as Artist in Residence. There is further detail on Jo's amazing contributions elsewhere in this edition of Crossroads, but our art has brought so many smiles, questions, tears and the occasional letter of indignation over the years! We are currently thinking how we might take our art forward in Beulah – watch this space for details as to how to get involved.

Finally, we celebrated a very special birthday for Bronwen James – we wish her many happy returns and hope she had a wonderful day.

Our half-term gave a brief break from the busyness of Beulah, and Beulah Tots  
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and the Huddle paused for breath before continuing to provide wonderful ways for people to be involved with our community. We also had our last Family Film show of the year, but never fear, this will return in the Autumn along with ice-cream and maybe even popcorn!

We are grateful to all those who led worship over the last month including Richard Edwards, Geraint Richards, Martha and David, David Simpson, Roger Bidnell and Andrew Glanfield. We are so grateful to have such a range of worship leaders within Beulah and we thank them all.

We are looking forward to the forthcoming Big Green Week and the range of activities our Eco Committee have planned, including the service on the 30th June. Our children and those young in heart have been helping Jo Jones to prepare art out of leaves and we look

forward to this being revealed on the side of the Canolfan in due course.

We are also looking forward to a very special event on the afternoon of Sunday 28th July – a celebration of Dr Alun Jones' immeasurable contribution to the music of Beulah over so many wonderful years. Details are in a separate article elsewhere in Crossroads, and we very much hope you can join us for this joyful event with Alun and members of his family.

As we continue into Summer, we look forward to a range of activities including hosting of the amazingly talented musicians from Ny Ako Madagascar on Tuesday 18th June, our Pastorate Day at City URC with friends from other churches on the 14th July, as well as many other Summer favourites such as a family barbeque, a Beulah stall at the Rhiwbina Summer Festival and hopefully the return of the Summer skittles match! We also wish all our children and young people who are taking exams 'Pob Lwc' and hope

they have a restful Summer break to recuperate before returning to their studies or moving on to jobs or other activities in the Autumn.

Congratulations to Adam and Katie John who were married at Hyde House in the Cotswolds on Saturday 27th April.

In sadder news, Joyce Mathias has passed away and our thoughts and prayers are with her niece and wider family. The funeral service will be held in Beulah, at 1.00pm, on Monday, 24th June, and after at Thornhill Crematorium.

We were also devastated to hear the news that Simon Ruddock had passed away. God bless you and keep you, Simon. Our thoughts and prayers are with Vera, Pat, Anna and Micheal, and the wider family, at this extremely sad and difficult time. Simon's funeral service takes place in Beulah, at 2.00pm, on Monday 17th June, and after at Thornhill Crematorium at 3.30pm

A number of our congregation are unwell, at home or in hospital, and we wish them all the very best for a speedy recovery. God Bless,

*Andrew, Barbara, Liz and Ruth*

## PREMISES GROUP

As many of you will now know, at the AGM, Mike Warsop stood down from his position as Premises Committee Chair & I have agreed to take over in the interim to provide continuity.

I would like to take this opportunity to thank him on behalf of the Premises Committee & the wider group of tradespeople that he has liaised with during his tenure,

for his many years of dedication & service to Beulah. His advice, help & support whilst carrying out the many, varied & necessary maintenance undertakings have been invaluable to the everyday running of Beulah's buildings, which have benefitted greatly under his guidance - thank you for all your endeavours Mike, they are greatly appreciated.

Going forward, observations to

help the Premises Group maintain & improve Beulah's buildings are welcomed & if anyone is unsure about anything Premises-wise, then please ask me, as there is no such thing as a daft question - although I may not be able to provide an instant answer!

Thank you,

*Chris Wilkes*

## Thank you

There are no words to describe our grief these last three weeks.

But on this journey into the unknown and unknowable, we have been joined and supported by all of you in different ways. Cards - so many cards, flowers, cakes, curries, hugs, phone calls, messages, and above all a deluge of love and care.

We know many of you have been deeply affected by Simon's death and we all need time and space to grieve in our own ways. But Pat and Vera just want to say -

Be yourselves, look after yourselves, care for each other and those close to you.

'Brother, Sister, let me serve you,  
Let me be as Christ to you;  
Pray that I may have the grace to  
Let you be my servant too.

I will hold the Christ light for you  
in the night-time of your fear;  
I will hold my hand out to you,  
Speak the peace you long to hear.'

## Caldey Island Returns

13-16 September we have the opportunity to go to Caldey Island. David and Martha will lead the weekend. The cost is £70 per night per person.



There is a list in the porch or speak to Martha.

## FOR SALE

I have the following items that I'd like to 'move on to benefit Church funds'.

- i) A pair of black, 'Carlsbro Alpha 12', 100W, 8 ohm, PA System speakers, with stand sockets & two non-branded, extendable, tripod, speaker stands.
- ii) A single compact 'AC Euro 15', 150W loudspeaker, with 2x jack-plug connectors / leads & a carrying strap.
- iii) A working 'Sasco' Overhead Projector, (OHP).

If anyone is interested in these items, or knows of anyone who may be, then please let me know.

*Chris Wilkes.*

## Pastorate Day

14 July we will have a pastorate celebration day at City URC. We will gather for worship in the morning, have lunch together, followed by workshop options, afternoon tea and closing worship.

## THANK YOU

We would like to say thank you to Martha, for the lovely, heartfelt thanksgiving service for our dear man, Don - my husband and a special Dad to Donna, Jayne, their two Martins, children – Sophie, Emma, James and Archie, whom they always called Poppy.

It was a wonderful peaceful time, and special thanks go to our friends from Beulah too.

Blessings, *Rubina*

## Space4U

### Food Collection

A reminder that a box will be available in the porch on the 1st Sunday of each month, 5th May and 2nd June, for donations of food items for Space4U – long life milk, fruit juice, tins of tomatoes, tins of tuna and packets of dried spaghetti.

Thanks, *Jenny*



**Tuesday 20<sup>th</sup> August 2024**

**10 – 11.30am**

**Canolfan Beulah**

**Rhiwbina crossroads**

**CF14 6LT**

**BOUNCY CASTLE  
INDOOR &  
OUTDOOR PLAY  
REFRESHMENTS**

Activities aimed at 2 – 5 year olds,  
but all 1 – 7 year olds welcome

**Children must be accompanied  
and supervised by a responsible adult**

For further details contact Fiona 07902 853978

**Under 2s: FREE**

**2-7's: £2.50 per  
child/£5 per family**

## RETIREMENT OF MR MIKE WARSOP

As most of you will know by now, Mike has retired as Chair of the Premises Group after many years. At the morning service on the 12<sup>th</sup> May, we surprised him with gifts and a card as a small recognition of all that he has done, and continues to do, for Beulah in the care of the Church buildings.

He has asked me to convey his thanks to the Beulah Church Family and we say 'thank you' again to you, Mike.

We are grateful to Chris Wilkes, who has been helping Mike for several years now, for readily taking over as Chair of Premises.

*Barbara*

## Whittaker Lounge

Do you have a couple of hours to spare occasionally on a Friday or Saturday morning ( or sometimes even on a Thursday)?

We are looking to expand the Whittaker Lounge reserve list so that we can make sure we are able to keep the Whittaker Lounge open in the mornings. We are looking for people to join the rota, that is, even if you are just able to do a shift once in a while (always with someone experienced).

We are also trying to ensure we keep the Lounge open every Thursday in the summer holidays too (so open on a Thursday as well as Friday and Saturday) .

So if you think you can spare some time, like chatting to people, make coffee and tea and toast some tea-cakes even once in a while, then chat to Philippa, Giles or myself.

Many thanks,

*Eleri*

## DR ALUN JONES: A CELEBRATION A DATE FOR YOUR DIARIES

We will be holding a Celebration of Alun's music in the Church on **Sunday 28<sup>th</sup> July 2024 at 3.00 p.m.** We hope as many of you as are able will come along and join in this happy event and we plan to provide transport for those who may need it. Please keep an eye out in the weekly Notices nearer the time for further details.

## JO JONES - ARTIST

As many of you are aware, Jo has been our resident artist for approximately 16 years and it is with some reluctance that she has decided that she will no longer be able to work with us on a regular basis as from the end of this month. By the time you read this she will have overseen and worked on an amazing 'eco' project the results of which are on the walls of the Canolfan.

Jo has enabled Beulah to communicate with the community of Rhiwbina in a way that has been a

mixture of beautiful, challenging, exhilarating, thoughtful and thought provoking, and so much more, interpreting our different, but not always well formed, ideas into something that has captured ours and the community's imagination.

She has always been a delight to work with and we will miss her and her incredible work.

There will be an opportunity to thank Jo at, and after, morning worship on Sunday 23<sup>rd</sup> June.

She has set us a high benchmark and we would

very much like to continue to provide community art and, to this end, would like to put together a small group to look at how we might proceed in the future.

If you would be interested in joining such a group, or having further information, could you please contact Barbara Rhys, either by email or on her mobile, 07707 030787.

Thank you.

## ROTAS

Date	AV	Readers	Intercessions	Flowers	Arranger
<b>June</b> 16th	Nigel Barwise	Richard Edwards	Mark Stephens	Vicki & Jon Grimes	Beverley
23rd	James Hall	Fiona Liddell	Marianne Barwise	Arlene Ramasut	Arlene
30th	Andy Wales	Derek Evans	Janet McCormack	Christine & Duncan Pugh	Ann Brown
<b>July</b> 7th	Andrew Glanfield	Marion Williams	Helen Harries	Anne James	Beverley
14th	<b>Pastorate Day at City URC, Windsor Place</b>			-	-
21st	Richard Sweetnam	Mary Bidnell	Ann Brown	Vivienne & Harley Jones	Viv
28th	Nigel Barwise	Andrew Glanfield	Derek Evans	Barbara Rhys	Beverley
<b>August</b> 4th	James Hall	Giles Ballisat	Cathy Wales	Ann & Colin Grimes	Ann Brown
11th	Andy Wales	Helen Harries	Marion Williams	Natalie & Rod Samuel	Beverley

Date	Elder on Duty & Stewards	Vestry Prayer	Communion		
			Minister's Right	Minister's Left	Prep
Prayer (P)					
June 16th	Geraint Richards DE	Marianne Barwise			
	Audrey Budding (S)				
	Marion Williams (S)				
June 23rd	Marianne Barwise DE	Pat Agland			
	Mary Edwards (S)				
	Tony Webb (S)				
June 30th	Fiona Liddell DE	Louise Morgan			
	Naomi Williams (S)				
	Colin Grimes (S)				
July 7th	Louise Morgan DE	Eleanor Mills	Marianne Barwise	Secretary	Marianne Barwise
	Hollie Glanfield (S)		Beverley Clay	Geraint Richards (P)	
	Andy Wales (S)		Ian McDowell	Helen Harries	
July 14th	<b>Pastorate Day</b>				
July 21st	Jonathan Grimes DE	Helen Harries			
	Eleri John (S)				
	Denise Dickman (S)				
July 28th	Beverley Clay DE	Ruth Williams			
	Derek Evans (S)				
	Liz McCarthy (S)				
Aug 4 <sup>th</sup> Communion	Bev Hampson DE	Jenny McDowell	Ruth Williams	Secretary	Ruth Williams
	Lesley Richards (S)		Jonathan Grimes	Louise Morgan (P)	
	Viv Morgan (S)		Eleanor Mills	Philippa Ballisat	
Aug 11th	Eleanor Mills DE	Philippa Ballisat			
	Viv Jones (S)				
	Harley Jones (S)				



## Christian Aid Week

Many thanks to all for your donations, support, distributing envelopes and help in running events.

The total raised was:  
Big Brekkie £562.26  
Envelopes - Door-to-door  
(delivery only) £529.18  
Total - £1091.44 - a further  
£180 will be added through  
Gift Aid

Many thanks again to  
everyone.

*Geraint*

## Beulah Social

There are sign-up sheets in  
the church porch for the  
following shows at the  
Wales Millennium Centre:

**'Only Fools and Horses'**

£42

on Thursday, 15th of May

**2025**

and

**'Juliet'** - ticket £35

on Thursday, 19th of June

**2025**

Any questions?  
Please call Ann Grimes  
Everyone is welcome.



## LUNCHTIME CONCERT

The concerts in Beulah are going well under Nicola Rose's leadership so why not give them a try?! The date for the next concert is as follows:

**Wednesday 26th June at 1.00pm**

A first class saxophonist plus a first class pianist combine for this programme showing us what a saxophone can do!!

In Nicola's words 'a thrilling end to the summer recital season.'

Tickets for the concert is £8 on the door.

There are no recitals over the summer break, until 25th September. Details of the Autumn concerts in the next edition of Crossroads.

Thank you for all your help and attention.

*Trix*

## Editors' Note

You may recall my previous message in the last edition of Crossroads about the date spans of the two previous editions. Well, as a consequence, we will produce an August edition this year. Colin



The **deadline** for articles to be included in the **August 2024** edition of **Crossroads** is **Sunday 21st July**.

Contributions should be sent to Nigel, in person, by post or by email at:

**crossroads@beulahurc.org.uk**

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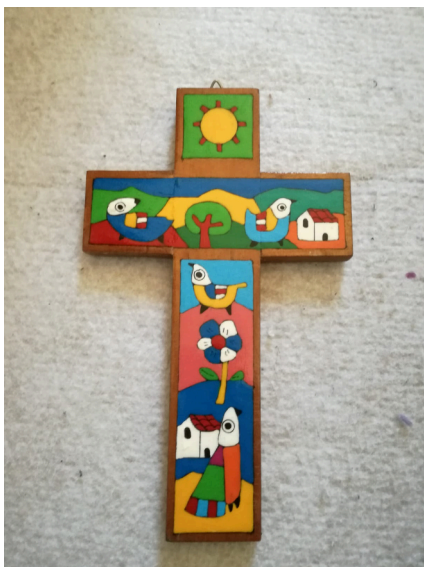
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# Cardiff and Penarth URC 14 July Pastorate Day



@ City URC from 10.30 to 5

**WORSHIP @ 10.30**

**BRING YOUR OWN LUNCH**

**WORKSHOPS FROM 1 TO 2.15 AND 2.30 TO 3.45**

**AFTERNOON TEA @ 4**

**CLOSING WORSHIP @ 4.30**

**WORKSHOPS INCLUDE:**

CREATIVE WRITING, FLOWER ARRANGING, MUSIC, CLOUD  
WATCHING, WALK IN BUTE PARK, CRAFT, YOUTH  
ACTIVITIES

If you need transport to City Church on Pastorate Day, please add your name to the sign up list in our Church porch. Many thanks, Barbara.



# Beulah United Reformed Church

## June - July 2024



<b>Sunday 16<sup>th</sup> June</b>	<b>10.30am</b>	<b>Worship -Ms Maggie Kirkbride</b>
		<b>Junior Church</b>
Tuesday 18 <sup>th</sup> June	7.00pm	Ny Ako: Cultural performers from Madagascar
<b>Sunday 23<sup>rd</sup> June</b>	<b>10.30am</b>	<b>Worship</b>
Monday 24 <sup>th</sup> June	7.30pm	Church Meeting
Wednesday 26 <sup>th</sup> June	1.00pm	Concerts at the Crossroads
Saturday 29 <sup>th</sup> June	10.15am	WRB Gathering for Prayer (Whitchurch, Rhiwbina and Birchgrove Churches Together) at All Saints Church, Llandaff North
<b>Sunday 30<sup>th</sup> June</b>	<b>10.30am</b>	<b>Worship led by the Eco group</b>
		Junior Church
<b>Sunday 7<sup>th</sup> July</b>	<b>10.30am</b>	<b>Worship - Revd David Dean/Revd Martha McInnes</b>
		Junior Church - Beulah Younger Youth (11-14)
		Space 4U collection
	6.00pm	TED Service
Monday 8 <sup>th</sup> July	7.30pm	Elders meeting
<b>Sunday 14<sup>th</sup> July</b>		<b>Pastorate Day at City URC : See poster for details</b>
<b>Sunday 21<sup>st</sup> July</b>	<b>10.30am</b>	<b>Worship – Ms Jenny McDowell - Junior Church</b>
Saturday 27 <sup>th</sup> July	10.15am	Whitchurch, Rhiwbina and Birchgrove (WRB Churches Together) at Beulah URC
<b>Sunday 28<sup>th</sup> July</b>	<b>10.30am</b>	<b>Worship – to be confirmed</b>
		Junior Church

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<b>Mondays</b>	Miss Tilley's Community Cafe:	9.30-12.00 (termtime)
	Women's Fellowship	2.00-3.00
<b>Tuesdays</b>	Miss Tilley's Community Café	9.30-12.00 (termtime)
	Beulah Tots	9.30-11.00 (termtime)
	Online Bible Study with Revd Martha McInnes	2.00 - 3.00
<b>Wednesdays</b>	The Huddle	11.00-12.30 (termtime)
<b>Thursdays</b>	Café Dosbarth	9.30-12.00 (termtime)
<b>Fridays and Saturdays</b>	Whittaker Lounge Café	10.00-12.30
<b>Sundays</b>	Youth Fellowship	7.15 - 9.00pm (termtime)



**THINK OF THE ALTERNATIVE** and **swap together for good**

Many of you will already have seen the gallery of images that Jo Jones and the Eco Group have devised and created to mark this year's Great Big Green Week.

The panels are made from recycled plywood and framed with recycled feather-edged board. The images are created using leaves, bark and flowers.

Thank you to all those who helped collect the materials and to everyone who joined in the workshops. Special thanks, of course, to Jo for the amazing concept and for all the work that went into creating the gallery.

The pictures encourage each one of us to 'think of the alternative' and to take what steps we can to reduce our carbon footprints, prevent pollution and reconnect with nature. Please take a look ...



Plane flights emit 5 times more carbon dioxide per person than train journeys.

*Let the train take the strain!*

Recycling is absolutely vital for dealing with waste,



but first, let's

**REDUCE** buy less

**REUSE** avoid single-use items

**REPAIR** don't bin it, fix it

**RENT, BORROW** and **SHARE**

**RECYCLE** as a last resort

Want to stop using fossil fuel to power your home and start using **green** energy?



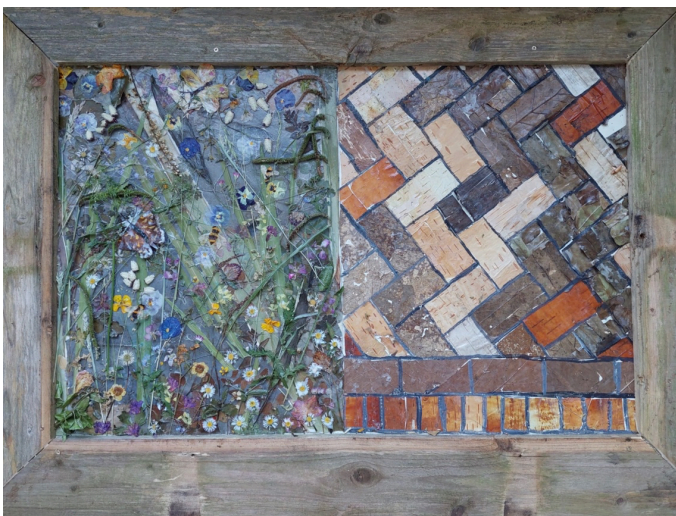
Fossil fuelled electricity is a big emitter of carbon dioxide. Wind power can replace much of this.

The UK produces 26% of its electricity from wind compared to Denmark which produces 54% and sells its electricity to neighbouring countries. Wales could do the same.



The UK's big banks are making financing decisions that cause harm to nature and to our global neighbours.

Let's reconnect with the natural world by keeping our



drives and gardens nature friendly. Even small areas with insect friendly plants can create nature corridors, allow water drainage and reverse species decline.



Why not shop local for second hand goods and clothes rather than shopping online for the 'newest model'? Let's reduce, reuse and recycle!

Plastic finds its way into every corner of our lives and vast quantities pollute our world. Governments and big brands need to take action, but there are affordable swaps we can all make to reduce our own plastic footprints:



- carry a reusable bottle and coffee cup
- refill containers
- buy loose fruit and veg
- get our milk delivered
- take our own shopping bags



Plant based diets relying on locally sourced and seasonal produce are healthier and have a lower environmental impact.