



**Part of the United Reformed Church Cardiff and Penarth Pastorate**

## CHURCH AND FAMILY NEWS

### Church News July and August

*Look at the world  
Everything all around us  
Look at the world  
And marvel every day  
Look at the world  
So many joys and  
wonders  
So many miracles  
Along our way*  
(John Rutter)

These are words from my favourite John Rutter hymn, it always lifts me up and is particularly resonant as we enter the summer months. In Beulah we have a pause (sort of!) in our various activities to give us all time to enjoy the season and take holidays with family and friends, and have a rest before the Autumn. Rest as I have learnt, eventually, is vital if we wish to give ourselves to life and the church.

Before the break we had a very successful Summer Festival on the 21 June where we were joined by our artist Georgia Bowles and made clay tiles on the theme of hope. At this time of war and tension in the world, hope is more important than ever. On the day, 99 tiles were made by young and old

and the variety was amazing. At the same time we had a project recording the reasons people chose their images and this was really moving at times, particularly listening to the children.



On the Sunday following the Festival, Geraint Richards led us in considering the world's constant bad news and encouraged us to consider the good news of faith and in the world in general, and this seemed to fit well with our day of artwork on hope.

We will be unveiling a plaque in July to commemorate all the ministers who served Beulah over the years. Many of the early ones are just names to us so I have been researching in the Glamorgan Archives to provide a short booklet to explore their lives and contributions to Beulah.

Many thanks to Arlene Ramasut for all the work she did getting the plaque made and finding information on the ministers.

### Family News

The funeral of Geoff Williams, husband of the late Mary Williams, will take place on 3 July at 3pm in Beulah and 4pm in Briwnant Chapel.

Congratulations to Sam and Lizy on the arrival of Gwion 8lb 3oz and the twelfth grandchild for Bev Hampson.

Congratulations to Joan Staddon who celebrated her 90<sup>th</sup> birthday in June, and we all celebrated with her after the service on the 22<sup>nd</sup> June.

Best wishes to all those who sat examinations this summer and may you get the results you are hoping for.

Have a wonderful summer everyone,

Every blessing,

Anne

### Ministers in the Pastorate:

Revd. Martha McInnes,  
Revd. David Dean

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**CONTACT**

### **Postponement of**

**Celebration** of Ken Graham's ordination. We are very sad to announce this has been postponed until a later date.

**The unveiling of a Plaque to Beulah's Ministers** will take place on **13 July** in the morning service and will be followed by coffee and lunch. There will be a sign up sheet in the vestibule for the lunch.

### **Donations for flowers**

The flower rota is in the church and we would be grateful if anyone can put their name down to donate flowers in the coming months.

### **KIN meeting**

There will be a KIN meeting after the morning service on **Sunday 6<sup>th</sup> July**. KIN is the Church's outreach arm so if you would like to know more about KIN and / or help with our fundraising, please do come along. You will be very welcome. We meet in the Studio, with our coffee!

### **Space4U Food Collection**

A reminder that a box will be available in the porch next Sunday (1st Sunday of the month) for donations of food items for Space4U - long life milk, fruit juice and tins of tomatoes.

Thanks  
Jenny

### **An Exciting Opportunity**

Do you have two hours to spare every six weeks?

Have you thought about joining the group of volunteers who make tea and coffee on a Friday morning or Saturday morning in the Whittaker lounge?

We are looking for a few more people to expand our group of volunteers. The Whittaker Lounge is very much a community resource and people always mention how lovely it is to have somewhere to socialise, meet up and chat and it's not run as a business! So if you have time why not join us? You will always be with someone who is experienced, so can pick up what to do very quickly. Or do you have friends who would like to volunteer with us?

If you're interested or know anyone who might be interested, then perhaps have a chat with myself or Philippa or pass on our mobile numbers.

The Whittaker Lounge can also offer the opportunity for a young person (secondary school age) to volunteer - perhaps using it as part of the voluntary work they have to undertake for the Duke of Edinburgh Award? Again if you know who anyone who may be interested, or is looking for customer service experience, then contact us.

Many thanks,  
Eleri & Philippa.

### **Letter from the Manse**

(Continued from Front page)

What about you? Has life thrown experiences at you after which you have caused you to rethink what you believe about God? In effect, you have had to be your own theologians - taking your experiences and what you have learned about God to create a relationship and thought process that helps you understand God in your life and from your worldview.

Having said all that, perhaps Sarah Bessey is right. We all have opportunities to grow our faith, re-examine our beliefs, and develop our relationships with God. We can do this at Theology on Tap, by reading Christian books, by having conversations with people who think differently than we do, by subscribing to podcasts, or simply listening on a Sunday morning during worship.

One of the joys of faith is God's presence with us as the 'Ground of Our Being.' (Paul Tillich) This implies God is a constant, even as our understanding of God changes and develops.

May you be blessed with the abiding presence of God and with opportunities and conversations that enable you to grow and develop your faith - whatever age or stage you are.

Peace,

Martha and David

## SWIMMING CHALLENGE FOR CITY HOSPICE

I want to thank all those kind and generous people who supported my swimming challenge that I undertook to raise some funds for Cardiff City Hospice. I completed the 25 miles in 3½ weeks and am very grateful for your support.

The City Hospice is at the heart of Cardiff providing end of life care to patients in the local community, supporting the people of Cardiff and providing specialist palliative care to patients in their own homes.

Mary Bidnell

Beulah URC

## Family Film Shows

Family favourites on the big screen

Suitable for all ages\*



**Saturday afternoons 3.00pm**

**19<sup>th</sup> July, 15<sup>th</sup> August**

**Canolfan Beulah, Rhiwbina Village**

**FREE of charge**

Interval ice cream    No booking required

Call or text 07902 853978 for enquiries or further details

*\* Under 18s must be accompanied by an adult*

## Lunchtime concert series

The 2024 -2025 lunchtime concert series is drawing to a close as I write. It is the first series that Nicola Rose has organized for us and it is so good to report that it has been a resounding success both numerically and artistically. Audience numbers are back to pre - Covid levels and we have enjoyed a wonderful mix of Welsh prize winning performers.

Nicola has launched a new initiative in offering a lunchtime performing slot to an up and coming young artist and it is hoped to run that annually in the future. Next year she is planning an additional July lunchtime concert as well.

Do come along on the last Wednesday of the month to savour what is on offer. It is

not 'stuffy' as we don't do 'posh!' just enjoyable music making in a friendly and receptive atmosphere.

The next concert will be on the **24<sup>th</sup> September at 1pm** when a string quartet made up of ex RWCMD players called Quartet Draig will be entertaining us. There will be more about that in the September edition of Crossroads. Until then a big thank you to everyone for their continued support.

Trix

## Church Transport

Need a lift to and from church on Sundays? Please mention it to your Pastoral Elder, or Tony Webb, or Ann and Colin, and we will do our best to arrange it.

## Moving on from fossil fuels!

A year ago, our gas boiler was looking very sickly at its annual service. The Eco Group's prompts to think about reducing our carbon footprint helped me to wonder whether this problem might also be an opportunity to do better than simply installing a slightly more efficient gas boiler into our large, rambling, sort-of insulated house. So, I emailed and then talked to an engineer from a local green energy company who had a promisingly no-pressure, can-do, competent air about him. After a few



weeks' discussions, including with other customers of the company, we decided to take the plunge with an air-source heat pump.

We needed planning permission because the external units were close to our property boundary and this took nine long weeks, meaning that the ailing gas boiler (thankfully) staggered on until Christmas. Of course, installation then happened in the most relentlessly cold week of the winter. Everything goes slowly when it's really cold .. "Probably done by Thursday" turned into "See you back on Monday", then "Hope to be done by Tuesday". But it was done!

And ... what's the verdict? Pretty much all good. Using the same technology as refrigerators, heat pumps concentrate heat energy from cooler areas (outdoors) into warmer areas (indoors), and you get best efficiency - most heat transferred for least electricity used - if you don't work them too hard. So, in the cold months we now have low-ish radiator temperatures but the heating is on for longer, and in more parts of the house at the same time, than it used to be. Oddly, this makes sense in terms of running

costs and we have now largely lost the 'chilly' areas and times we used to have when turning the heating on and off in our (you guessed it) large, rambling, sort-of insulated house. AND we are also on track to save money on bills, compared with our gas heating, using a special electricity tariff for heat pumps. Although it will take some years to save the difference in installation costs compared with a gas boiler replacement, it's nice to think that it's probably at least cost-neutral in the medium term.

And the environmental payback? Well, my back-of-the-envelope calculations indicate an immediate carbon dioxide emission drop of about *five tonnes every year* from our house, which admittedly (and as you might recall) is large, rambling and sort-of insulated. I reckon that is a bit more than one 'OSP' (Olympic Swimming Pool – the obvious unit) full of carbon dioxide gas. Even better, those emissions will continue to dwindle without any further effort on our part as the electricity supply decarbonises. There is a bit of a culture war about heat pumps at the moment, which is a shame because they can genuinely make a

big difference in emissions as soon as they are installed.

What's not to like? Well, unlike fossil fuel boilers, heat pumps are not (yet) a mature 'fit and forget' technology. There's a lot to get right, especially when retro-fitting an older house, so you need to have decent technical advice about sizing and installation. The outdoor heat-extraction units are quite chunky, but it's a misperception that they are noisy – they are not like rattly, whirring air-conditioning fans. And there is a learning phase about how to run a heat pump system to best effect, and I suspect not all installation companies are great at that sort of support, although happily ours was.

Heat pumps are an almost magical technology for creating warmth out of thin air, and I hope they eventually form a decent chunk of the solution to low-carbon living in this part of the world. It's nice to feel we are part of that journey.

Andy & Cathy Wales

Helping churches to care for creation together



Eco Group news –  
what we're doing and how you can get involved!

Thank you to Colin for taking our Gold Award celebration photo and to everyone who was able to join in.

Here is the text and photo we sent to the Synod newsletter.

### **Beulah URC Gold Award**

Beulah URC is delighted to have been awarded A Rocha's Eco Church Gold Award, and we are pleased to be playing our part in growing Eco Church across the URC National Synod of Wales. Beulah's Eco Church journey began many years ago and we are grateful for the leadership of all the ministers who have guided and encouraged us so creatively in our understanding of environmental theology and action.

The URC Environmental Policy states we are 'a body of people committed by our faith to caring for God's Creation'. Many churches across the Synod are already working on the Eco Church award scheme and taking action in their own ways, but we would like to share a little of what we've done in Beulah on our journey to gold.

Much of Beulah's community outreach is around

environmental issues. We use our geographical position at the crossroads in Rhiwbina village in North Cardiff to engage with the local community and raise awareness through artwork and events.

Creation care principles are embedded in the practical actions we take. The church has commissioned surveys to look at how our buildings can be made more energy efficient. Low energy lighting, loft insulation and solar panels are all direct outcomes of our underlying eco values. We are supplied by green energy and have divested from fossil fuels.

Beulah's garden has been awarded Green Flag status as a community garden for the past four years and we are always pleased to welcome members of the public who come to enjoy the peaceful surroundings. The garden has been developed with a strong emphasis on sustainable gardening principles, and we are particularly keen to get our young people involved. The Junior Church children grow vegetables including potatoes, beans, rhubarb, courgettes and herbs.

When the Eco Group lead worship we always include the children, and their contributions add colour and creativity to our services. Junior Church created a wonderful tree out of their *Show the Love* hearts, and we decorated the windows of our buildings with hearts during the pandemic. They also represented the percentages in our 360carbon audit in imaginative ways by using Lego towers and shoes.

Working within the Eco Church award scheme has encouraged us to engage with our elected representatives. In the climate and biodiversity crisis, we understand the important role churches can play in lobbying for political action, and we always try to support campaigns run by Christian Aid and the Climate Coalition. Our MP and MS have attended *Great Big Green Week* and *Show the Love* events and have met with us to discuss important issues around climate justice. We are pleased to work in the community alongside local groups including Rhiwbina Against Plastics and the Rhiwbina Eco Team, and we value the opportunity to collaborate with larger

organisations such as Climate Cymru and Repair Café Wales.

We hope that Beulah's Eco Church ideas and activities have impacted on the local community, and we invite participation in many of our projects.

Churches, organisations and individuals contributed locally grown blooms to our *Grown Not Flown* flower festival and many people came along to enjoy the wonderful displays and scents. There was also an enthusiastic turn out at our *Sustainable Fashion Fair* with people taking part in workshops and a fashion show on the day.

The Eco Group collaborated with community artist, Jo Jones, to create a gallery of eight images which we hung

outside on our community centre wall. Each picture was made from leaves, bark and flowers and represented a swap we could make, or a step we could take to reduce our carbon footprints, prevent pollution and protect nature.

One of our ministers, Revd Martha McInnes, helped us create the images and says of Beulah's Eco Church journey, "When we arrived in Cardiff, Beulah was already deeply committed to care for creation. The church has worked with dedication and creativity to engage the congregation and the wider community in responding to the climate crisis. Worship, stewardship of premises and creative programs tell the

story of the wonder and vitality of creation at Beulah".

Whether it is community art, local campaigns and activities, the flower festival or fashion fair, we always try to have helpful information and explanations about why we are putting on events, the environmental message behind them and possible actions people can take going forward.

Please take a look at our website to find out more about Eco Church in Beulah <https://www.beulahurc.org.uk/ecochurch.htm>





# ***ELDERS' DUTY ROSTER***

## **JULY - AUGUST 2025**

	Elder on duty & Stewards (S)	Vestry prayer	Communion		
			Minister's right	Minister's left	Preparation
			(P = Prayer)		
<b>6th July</b>	Philippa Ballisat (DE) Giles Ballisat (S) Naomi Williams (S)	Ian McDowell	Bev Hampson Beverley Clay Philippa Ballisat	Secretary Arlene Ramasut (P) Marianne Barwise	Bev Hampson
<b>13th July</b>	Keirsten Eales (DE) Mary Edwards (S) Barbara Clift (S)	Marion Williams			
<b>20th July</b>	Jonathan Grimes (DE) Viv Jones (S) Harley Jones (S)	Kate Hampson			
<b>27th July</b>	Beverley Clay (DE) Mary Edwards (S) Tony Webb (S)	Mary Bidnell			
<b>3rd August Communion</b>	Geraint Richards (DE) Naomi Williams (S) Nigel Barwise (S)	Kate Hampson	Eileen Newington Philippa Ballisat Arlene Ramasut	Secretary Bev Hampson Eleanor Mills (P)	Eileen Newington
<b>10th August</b>	Arlene Ramasut (DE) Denise Dickman (S) Viv Morgan (S)	Colin Grimes			
<b>17th August</b>	Beverley Clay (DE) Eleri John (S) Viv Morgan (S)	Eleanor Mills			
<b>24th August</b>	Marianne Barwise (DE) Nigel Barwise (S) Gaynor Rees (S)	Kaye Mundy			
<b>31st August</b>	Eileen Newington (DE) Gaynor Rees (S) Derek Evans (S)	Jenny McDowell			

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

## **ROTAS**

Date	AV	Reader	Intercessions	Flowers	Arranger
<b>July</b>					
6th	Nigel Barwise	Marion Williams	Norman Henderson	Christine & Duncan Pugh	Ann Brown
13th	Andy Wales	Kate Hampson	Mark Stephens	Kaye Mundy	Karen Holbrook
20th	Andrew Glanfield	Gaynor Rees	Revd David Simpson	Viv & harley Jones	Viv
27th	Nigel Barwise	Brenda Cheer	Tony Webb	Barbara Rhys	Marianne
<b>August</b>					
3rd	Richard Sweetnam	Richard Sweetnam	Neil Kidd	Beverley Clay	Beverley
10th	James Hall	Vicki Grimes	Revd David Simpson	tbc	Karen
17th	Ian McDowell	Arlene Ramasut	Kaye Mundy	Naomi & Martin	Karen
24th	Andy Wales	Andy Wales	Arlene Ramasut	tbc	tbc
31st	Andrew Glanfield	Mary Bidnell	Marianne Barwise	tbc	Karen



### **Joy of Learning Open House Craft Sale**

Many of you will know that I run a charity called Joy of Learning. We are based in Uganda and work with children who were previously living at Sanyu Babies' Home, but have now been resettled with family members. Our primary aim is to enable these children and their siblings to attend school, but we also ensure that each family has enough food to eat, has basic hygiene supplies and has access to medical care. One of our sources of funding is our craft sales, and we happen to have a craft sale coming up ...

On **Saturday 12<sup>th</sup> July between 2pm and 5pm**, Joy of Learning will be having an Open House Craft Sale complete with tea and cake!

You are invited to come and browse our beautiful selection of Ugandan crafts, and make your purchases at leisure while enjoying some light refreshments. There will be members of the Joy of Learning Team around to chat to if you have any questions about Educational Sponsorship, our Safe Sleep project, or anything else we do.

The Craft Sale will take place at the Cheer Family's House, also known as Joy of Learning HQ, in Birchgrove, Cardiff. If you are thinking of coming, please let us know and we can give you the exact address and make sure there is plenty of cake for you!

If you would like more information about Joy of Learning, please head to our website [www.joyoflearningug.com](http://www.joyoflearningug.com) or send us an email using [joyoflearningug@outlook.com](mailto:joyoflearningug@outlook.com). We hope to see you there!  
Emily Cheer



Sabrina is one of the children that Joy of Learning supports. Her grandmother (pictured) is known as Jaja Sabrina, and makes these beautiful mats and baskets. They will be available to purchase on **Saturday 12<sup>th</sup> July!**



Just a small selection of the Crafts that will be available on **Saturday 12<sup>th</sup> July** – aprons, foldable shopping bags, cushions, notebooks, purses, cosmetic bags and more!



### **Editors' Note**

The **deadline** for articles to be included in the **September 2025** edition of **Crossroads** is **Sunday 24<sup>th</sup> August**.

Contributions should be sent to Nigel, in person, by post or by email at: [crossroads@beulahurc.org.uk](mailto:crossroads@beulahurc.org.uk)

#### **Editors:**

Colin Grimes,  
Nigel Barwise.

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



## Beulah United Reformed Church

**July & August 2025**

**All welcome**

<b>Sunday 6 July</b>	10.30am	Worship – Revd James Hall Junior Church
	5.45pm	Towards the End of the Day, Canolfan
	6.00pm	BWise
<b>Tuesday 8 July</b>	7.30pm	Theology on Tap, Deri Inn
<b>Sunday 13 July</b>	10.30am	Worship – Rev Martha McInnes Junior Church
<b>Saturday 19 July</b>	3.00pm	Family Film
<b>Sunday 20 July</b>	10.30am	Worship – Revd David Simpson Junior Church
<b>Sunday 27 July</b>	10.30am	Worship – Revd David Dean / Revd Martha McInnes Junior Church
	12.30pm	Community Lunch
<b>Sunday 3 August</b>	10.30am	Worship – Revd David Dean / Revd Martha McInnes Junior Church
	6.00pm	BWise
<b>Sunday 10 August</b>	10.30am	Worship – Rev David Simpson Junior Church
<b>Tuesday 12 August</b>	7.30pm	Theology on Tap, Deri Inn
<b>Saturday 15 August</b>	3.00pm	Family Film
<b>Sunday 17 August</b>	10.30am	Worship – Jenny McDowell / Marion Williams / Anne James Junior Church
<b>Sunday 24 August</b>	10.30am	Worship – Mrs Bethan Trott Junior Church
	12.30pm	Community Lunch
<b>Sunday 31 August</b>	10.30 am	Worship – Fiona Liddell Junior Church

### Regular Weekly Activities

<b>Sundays</b>	7.15 – 9.00pm (termtime)	<b>Youth Fellowship</b>
<b>Mondays</b>	9.30 – 12.00 (termtime)	<b>Miss Tilleys Community Café</b>
	2.00 – 3.00pm	<b>Women's Fellowship</b>
<b>Tuesdays</b>	9.30 – 12.00 (termtime)	<b>Miss Tilleys Community Café</b>
	9.30 – 11.00 (termtime)	<b>Beulah Tots</b>
<b>Wednesdays</b>	11.00 – 12.30 (termtime)	<b>The Huddle</b>
<b>Thursdays</b>	9.30 – 12.00 (termtime)	<b>Caffi Dosbarth</b>
<b>Fridays and Saturdays</b>	10.00 – 12.30	<b>Whittaker Lounge Café</b>