

CHURCH AND FAMILY NEWS

During May more church activities have continued to get underway. It was good to see many in church when Peter Cruchley visited to lead our communion service on the 1st May. Thanks to all who lead our services, always thought provoking and inspiring.

Christian Aid activities included the Big Brekkie, and deliver only envelopes. Again, thanks to all who took part and ran another very successful Big Brekkie.

A few of us from Beulah were able to attend the Licensing service for Revd. Anthony Beer, at All Saints in Cyncoed which was held on a lovely sunny afternoon. I'm sure many of you will have more memories of Anthony at Beulah, Caldey or our trip to the stable one Christmas time.

24th May was the inaugural meeting of Theology on Tap at The Deri Inn again it was great to see so many from other churches and beyond the URC too. If you weren't able to make it there will be regular monthly meetings. Although it was a little chilly outside next time, we will have a quieter space.



Thanks also to those taking part in the knitting for the River of Hope or the circles for the banners, we are looking forward to seeing them around Rhiwbina and in the Canolfan. The knitting will be up in time for the Family Barbeque which will be held on the Jubilee weekend, Friday 3rd June at 6 p.m. Please make sure you sign up, it will be the first time the BBQ has been out for a few years.

If you are planning to go to the Wales Synod Big Day Out on 25th June at Builth Wells, please sign up and indicate if you require transport. There will be a bus pick up from Beulah. In preparation for the Day Out there is an opportunity to craft/knit a flower to take to the Synod at Canton Uniting Church on Sat 11th June between 11am and 4pm.

Family News

Covid is still with us. Best Wishes to all isolating or recovering from Covid and I hope you all feel better soon. Best wishes also to those in hospital or home recovering. We are thinking of you all.

Congratulations to Kate Hampson and James Gollicker on their engagement, and I have saved the date in the Beulah Calendar!

If you have a special occasion or Family news to share, please let me know.

Anne

THANK YOU

My brother Jim died in March after suffering from Cancer for a long time. I have been overwhelmed with the love and kindness shown to me by my friends in Beulah. I thank you all so much for your sympathy and friendship.

Also, my grateful thanks to Martha for taking the funeral service, and to Barbara, Jill & Pat for the much-appreciated refreshments.

God Bless,
Val Yendle



CONTACT

Ministers in the Pastorate:

Revd. Martha McInnes, Mob: 07519 831405

Revd. David Dean, Mob: 07772 714388

Email: ministers@beulahurc.org.uk



Church Secretary: Anne Wilkes, Tel: 07855 640634 Email: secretary@beulahurc.org.uk
Church Treasurer: Barbara Rhys, Tel: 07707 030787 Email: treasurer@beulahurc.org.uk
Church Office: Tel: 07309 738828 Email: admin@beulahurc.org.uk

Letter from the Manse

(Continued from Front Page)

Pandemic as an 'interruption?' It changed our directions. It changed our plans. It may still be changing us. What do we discover about ourselves having lived with this interruption? What has it taught us? Has it made us aware of inequities in our economic systems? Has it made us rethink climate change? What has changed in us because of this interruption?

Interruptions may be annoying for us at the time, but it seems they are also opportunities. When our daughters interrupted us, asking for our attention, we had to rethink our responses, verbally and physically. The interruption of Zacchaeus changed the direction of Jesus' journey, though ultimately he still made his way to Jerusalem.

As church, our mission remains the same - to love and serve God and our neighbours - but the Pandemic interruption may help us refocus on how best to serve God and our neighbours.

Let's continue to look and listen for God in this time, allowing ourselves to refocus on how best to be God's people in this interrupted time. What new song might there for us to sing following the interruption?

Yours in Christ,

Martha and David

Westminster College comes to City URC

Being Church in the New Landscape: Wales in Westminster Workshop

City United Reformed Church, Cardiff



**Sunday, 26th June, 2022
at 3pm**

CANOLFAN GARDEN

Ann Brown and I met with two assessors who came to the garden on Thursday for the Green Flag Community Garden assessment. They work for local government departments and had been working at home on Zoom a lot, so I think their visit was quite therapeutic, for them!

They seemed to like it - but we will not get our feedback until June/July when all the gardens have been assessed. *Ian*

Editor's Note

The **deadline** for articles to be included in the **July 2022** edition of **Crossroads** is **Sunday 19th June** and **Huw** will be editing.

FLOWER FESTIVAL

On page 4, you can read Karen's article on the flower festival in September.

As a supplement to that, the idea is that we all grow suitable flowers and foliage over the summer - these can be donated to Karen and others to arrange, or you may wish to do an arrangement yourself.

Please think ahead and get growing!

Karen's article includes a list of suggestions, but some seedlings will be available in pots (for planting out) on weekend of 4/5 June - probably after church - more info to follow.

Please feel free to pass this on to others, locally, who may wish to be involved.

Ian
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Editorial Team

Colin Grimes, 35, Waun-y-Groes Ave, Rhiwbina, Cardiff. CF14 4SZ

Tel: 07791 594007

Huw Morgan, 34, Heol Iscoed, Rhiwbina, Cardiff. CF14 6PA.

Tel: 029 2052 2782

Email: crossroads@beulahurc.org.uk

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

KIN

Together we care and together we share

CHRISTIAN AID WEEK

Fundraising Totals

A huge thank you to everyone who helped deliver the Christian Aid envelopes this year.

Many thanks also to the people who helped run the Big Brekkie and to all those who came along on the morning. We had a lovely time and were able to share breakfast with friends from the Pastorate, Bethany, All Saints and the wider Rhiwbina community. There is still Christian Aid week money coming in and the Givestar donations are growing as well.

Here are the totals so far (and many thanks to Barbara for counting it all up!) ...

Big Brekkie: £509.50

Other donations: £665.39

Gift Aid: £293.72

TOTAL so far, is:

£1,174.89 + £293.72 =

£1,468.61



GROWN NOT FLOWN ... a sustainable flower festival Beulah United Reformed Church, Rhiwbina 2nd - 4th September 2022

Beulah URC is planning a flower festival in which we hope to showcase an abundance of sustainable, seasonal and eco-friendly flowers. We are hoping to put on the event using only locally grown flowers, so we would welcome your help in growing as many flowers and as much foliage as possible.

Many of you will have your own ideas of what to grow, but the following suggestions will be in flower at the end of the summer

Flowers

Antirrhinum
Cosmos
Scabious
Gladioli
Larkspur
Asters
Sunflowers
Hydrangeas
Statice
Salvias
Nicotiana
Ammi Majus
Dianthus
Zinnias
Verbena
Anethum (Dill)
Calendula (French Marigolds)
Phlox
Nigella
Chrysanthemums
Dahlias
Snapdragons
Alstroemeria
Xerochrysum (strawflowers)
Garden roses
Berries

Foliage

Herbs
Fennel
Asparagus
Cardoons

Seed Heads for Drying

Alliums
Agapanthus
Large poppy seed heads
Statice
Pampas grass

If you are a flower grower or you know people who have an abundance of flowers and foliage in their gardens or allotments, please speak to them - they may be interested in getting involved.

- Can you help us by growing some flowers or foliage for the festival?

- Would you like to create your own arrangement?

Please email Karen at kren.holbrook@googlemail.com to register your interest.

Thank you for your help and happy gardening. If you want any further information or you have any expertise or ideas, please get in touch.

Many thanks,

Karen Holbrook

EFOD Charity Cycle Ride – above and beyond!

Many of you know I cycle quite a lot, and that I like hills. A few years ago, you kindly supported me riding the Velothon for Pedal Power. That was a 90 mile ride around South Wales.

This year my challenge is a bit more extreme. It's called the **EFOD**.

Engineers for Overseas Development is a small Cardiff-based charity. Founded in 2000, it focuses on developing young professionals in the UK Construction Industry by challenging members to plan and manage construction projects to alleviate poverty in Sub Saharan Africa.

Their current project is to help build a school in rural Uganda, Faith School in Kachambala, to provide 9 new classrooms and other facilities for 300 pupils.

These will include infrastructure addressing water supply, sanitation and hygiene with a focus on removing barriers to school attendance for girls and disabled students.

[Cardiff | EFOD](#)



My challenge on **9th and 10th June**, is to ride nearly 200 miles in 2 days, from Aberystwyth to Cardiff, via as many mountains as can be found along the way.

The route will be scenic but very hilly. The plan is to climb the equivalent of 4 x Ben Nevis from sea level (or 6.5 x Pen y Fan) over the two days.

High points (?!) will include the Devil's Staircase west of Llanwyrtyd Wells on day 1, and the Rhigos and Bwlch mountain climbs on day 2.

The last time I did anything comparable was in 1990 – and I was a bit younger then!

Frankly, it's nuts. I hope I can complete it, but I won't know until Sunday afternoon

The aim of the 50 or so riders is to raise as much money to support the Uganda project as we can, so all contributions will be gratefully received. Either in person to me, or online direct to the project at

<https://app.investmycommunity.com/campaign-page/efod-cycle-challenge-2022-return-of-the-aberydydd-adventure>

Thank you in advance – any donations, however large or small, will help me up those hills!

Pat Ruddock



Lindsey Allan - My Story

I am taking on the TCS London Marathon in October 2022, to support all those affected by cancer in Wales and beyond.

In September last year, I was diagnosed with Breast Cancer. It was such a shock as I was the fittest I had ever been and I never thought it would happen to me. Suddenly I was plunged into this alien world of scans, biopsies, operations, drains and medication, and the worst of all, waiting for results. It was scary and unreal, but the Breast Care team were wonderful and so supportive. I had to have a Mastectomy and then in the new year, further surgery to remove lymph nodes. The best news came in February, when I was told I was clear and I wouldn't need chemotherapy.

I appreciate how lucky I am and now I want to raise awareness and give something back. I would like to prove that

a cancer diagnosis isn't the end and I have madly decided to sign up for the London Marathon. Everyone knows someone who has had cancer. It is a horrible disease that can literally affect anyone at anytime.

I'd like to dedicate this run to Nan King, Auntie Barbara, Auntie Andrea, Auntie Jill, Steve Collis, Margery Bowles, Sue Margetts, Kirsty, Sam, Julie, Joey, Kev, Heather and all the others.

Please help me to raise lots of money for a cancer charity that has helped me.

You can sponsor me by following the link: <https://tenovuscancercare.enthuse.com/pf/lindsey-allan>

On Sunday 19th June I will be in the Church service and Coffee afterwards with a collection box if you have any coins to spare. Any contribution would be very gratefully received towards my £2000 total.

Thank you xx

ROTAS

	AV System	Bible Readers	Intercessions
June 5	Huw Morgan	Richard Edwards	Colin Grimes
June 12	Richard Sweetnam	Mark Stephens	Nigel Barwise
June 19	Nigel Barwise	Jill Ferdinando	Richard Sweetnam
June 26	Andrew Glanfield	Louise Morgan	Fleur Richards
July 3	Huw Morgan	Fiona Liddell	Ian McDowell
July 10	James Hall	Peter Ferdinando	Roger Bidnell
July 17	Richard Sweetnam	Roger Bidnell	Vivienne Jones
July 24	Nigel Barwise	Pat Ruddock	Tony Webb
July 31	Andrew Glanfield	Liz Kidd	Brenda Cheer

Rhiwbina Friends of Tenovus

would like to thank Beulah for allowing us the use of the Canolfan for our community Panto

"MURDER IN THE WENALLT"

We had waited two years to be able to perform, due to Covid restrictions, and finally, during Easter week we opened the show. With 25 in the cast (some of whom had never acted before!) there was fun and laughter as the fairy tale characters once more came out of the Wenallt to help the residents of Rhiwbina deal with their problems! The audiences loved it, and almost £4000 was raised, with proceeds to Tenovus Cancer Care and 'Mary's Meals' (the Beulah charity choice)



We would like to particularly thank Barbara, Ann and Colin for their help with booking the facilities and the catering. Your support is always amazing! Also the local businesses who sponsored the event:

Gateway of India,
Haus
Edwards and Co
Juboraj
Serenade
Deri Stores
Coco's Hairdressers

We had great audiences for the five performances. Nearly 300 people supported and it was an uplifting experience for all involved. Thank you!

Anthea Parker
(on behalf of Rhiwbina Friends of Tenovus)



CHURCH CALENDAR

Friday 3rd June	Family Barbeque 6 p.m.
Sunday 5th June	10.30 a.m. Worship with Communion Rev. Martha McInnes/Rev. David Dean Junior Church start in Canolfan
Monday 6th June	Miss Tilley's Community Café Women's Fellowship
Tuesday 7th June	Miss Tilley's Community Café Beulah Tots
Friday 10th June	Whittaker Lounge Café
Saturday 11th June	Whittaker Lounge Café 11a.m. - 4p.m. Knitting/Craft Flowers at Canton Uniting Church Flowers for Synod Big Day Out
Sunday 12th June	10.30.a.m. Worship: Mr Richard Edwards Junior Church 7.15 p.m. Youth Fellowship
Monday 13th June	Miss Tilley's Community Café Women's Fellowship 7.30 p.m. Joint Elders Meeting in Canolfan
Tuesday 14th June	Miss Tilley's Community Café No Beulah Tots
Friday 18th June	Whittaker Lounge Café
Saturday 18th June	Whittaker Lounge Café
Sunday 19th June	10.30 a.m. Worship: Revd. James Hall Junior Church Church Meeting after Service 7.15 p.m. Youth Fellowship
Monday 20th June	Miss Tilley's Community Café Women's Fellowship
Tuesday 21st June	Miss Tilley's Community Café Beulah Tots
Friday 24th June	Whittaker Lounge Café
Saturday 25th June	Whittaker Lounge Café Synod Big Day Out at Builth Wells.
Sunday 26th June	10.30 a.m. Worship: Westminster College Staff Junior Church 7.15 p.m. Youth Fellowship
Monday 28th June	Miss Tilley's Community Café Women's Fellowship
Tuesday 29th June	Miss Tilley's Community Café Beulah Tots
Friday 2nd July	Whittaker Lounge Café
Saturday 3rd July	Whittaker Lounge Café 70's Afternoon Tea at Parkminster Church booking required
Sunday 4th July	10.30 a.m. Worship with Communion Rev. David Dean/ Rev. Martha McInnes Junior Church start in Canolfan 7.15 p.m. Youth Fellowship

