

CHURCH AND FAMILY NEWS

September is upon us already. Where did the Summer go?!? Children and young people are returning to school and university and the crispier, chillier days are coming. Plans for the Autumn and even Christmas are being made. Is it too early to eat mince pies? Yes, probably!

It's a time of new beginnings, but also a time to bid farewell to the perhaps more carefree, relaxed, sunnier times spent with friends and family and visiting new and remembered places. But, looking back over the past couple of months, so much has, and continues to happen, in the life of Beulah and our wider Beulah family.

We said a heartfelt thank you to Jo Jones as she finished as our Artist in Residence, and we enjoyed her final exhibition asking us to 'Think of the Alternative' in June for the Big Green Week. We rejoiced an entire lifetime of wonderful contribution with a joyful afternoon celebrating Dr Alun Jones' music with stories and companionship shared with friends and family.

We said thank you to Mike McCarthy for taking on the role of Fire Officer. Beulah just wouldn't be able to run without individuals like Mike, and so many, many others, taking on roles in our church.

At our Church Meeting in July, we celebrated our new Elders – Church Life Elder for Pastoral Care: Marion Williams and Pastoral Elders: Keirsten Eales, Kate Hampson and Mark Stephens, and thanked our current Church Life Elders for Youth & Children's Work: Fiona Liddell, and Pastoral Care: Ruth Williams and Pastoral Elders: Pat Agland, Helen Harries and Louise Morgan who are finishing at the end of the Summer. We are also grateful to Philippa Ballisat, Beverley Clay, Eleanor Mills and Kaye Mundy who will be staying on as Pastoral Elders for an extra year.



At Church Meeting we also talked about what more we could do to support young people in our community, particularly with their mental health. We also discussed a piece of work Duncan Pugh will kindly be leading for us looking at how we might make better use of modern technology in our organisation.

We had a wonderful Summer of worship with services being

led by Martha McInnes, David Simpson, Geraint Richards, Richard Edwards, our Eco Group and Marion Williams. We also enjoyed the quieter music and contemplation of an evening TED service at the start of July.

With people taking some time away, our Junior Church came together each Sunday into a combined group to enjoy activities such as making salt dough shell pictures, going on an Egyptian adventure, having a film show, cooking and making music.

In July we came together with friends in other churches at City URC for a Pastorate Day with worship, shared food, companionship and activities including music, flower arranging, crafting, children's activities and a 'Deep Time Walk'. We are grateful for all the work that went in to make this such a special day.

We also hosted or attended a number of events earlier in the Summer including taking a stall in Parc y Pentre for the Rhiwbina festival, where visitors could make pressed flower tea light holders, and we were also astonished by the musicality, spirituality and energy of the Ny Ako performers visiting the UK from Madagascar.

(Continued on p.3)

CONTACT

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Revd. David Dean,

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Church Secretary: Tel: Email: secretary@beulahurc.org.uk
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Letter from the Manse

(Continued from Front page)

embrace to leave our children and grandchildren a garden.

What and how can we change that will have a positive impact on the climate crisis? A lot of us have probably made some simple changes to our lifestyles. If we haven't already made some personal changes there are many simple things we can do - eating less meat or changing travel habits are a couple of ideas. If we do these, we are already healing creation.

Perhaps what many of us need to do now is find ways to join with others and challenge the structures of society that are slow to change, slow to address this crisis. Our church gives us a great opportunity to do this. We can gather with others to address our MP. We can network with those outside the church who also want to see the crisis addressed. Maybe we have never been activists, but this crisis requires the attention of all of us.

Wendell Berry writes, *'The grace that is the health of creatures can only be held in common. In healing the scattered members come together. In health the flesh is graced, the holy enters the world.'*

As we work together, as we are changed, we bring healing and the Holy into the world. My God guide us and use us, healing (which is positive change) creation through us.

Yours,

Martha and David

CHURCH AND FAMILY NEWS

(Continued from p.2)

In July we enjoyed being together at our annual family BBQ and shared pictures of the potatoes we had grown (thank you Mr Potato Head!).

August included members of the Beulah family helping out at the Greenbelt Festival and an amazingly busy Play Day at which 120 children and their parents enjoyed a bouncy castle, crafts, refreshments and fun.

A number of our regular activities, such as Beulah Tots, The Huddle, Concerts at the Crossroads and Theology on Tap, will restart again after the Summer and we look forward to another season of the Saturday afternoon Family Film

shows. There are also a number of exciting activities planned such as theatre and Christmas market trips as well as a Teen 'Drop in2' session during half term and a Harvest Supper and Sugar Bag Auction! Please keep an eye on the notices and FaceBook for information for new, monthly, music worship sessions coming this Autumn.

Finally, we look forward to Anne James taking up this column in next month's Crossroads as she continues to recover and grow stronger after her operation.

God Bless,
Andrew, Barbara,
Liz and Ruth



Diolch yn fawr! Thanks!

Many of you will know that my Dad (Neil Hall) died in June after a brief illness. He had just attended my brother's wedding in Bolton when he became ill and passed away a week to the day after the wedding. He told me that he believed it was his time to go. My sisters and brother and I all saw him several times in that final week and we were able to have very meaningful conversations. He was very much alert until the last couple of hours. We laughed, we listened to music, we prayed, we sat in silence, we cried. Dad was 93.

Thank you to all those in the pastorate (especially during the pandemic when he joined us on Zoom) and in Beulah who made Dad so welcome. He loved coming to Beulah in person and via the live stream. Dad always commented on the thought-provoking prayers, reflections, sermons and the music. You have been very much a part of his final decade. I was very touched by all the messages and prayers at the time of his passing and for the fact that a group from Beulah made the trip to Hereford to the service to celebrate his life. It was lovely to join such a large group to celebrate a man who had given his life in service to God and to others and who was also our Dad.

Diolch o'r galon! Diolch i Dduw! Thank you from the bottom of my heart! Thanks be to God!

James Hall

THANK YOU

Vera, Pat and Anna Ruddock would like to thank everyone for all their support since Simon's death. For cards, cakes, curries, flowers and being there for us over the last three months.

A special thanks to everyone who contributed to making Simon's funeral such a moving event.

As a community you reached out to Simon's friends from school, scouting, drama & Southampton University – young people many of whom would have never attended a funeral before. The accessibility of the service, Martha's words, the music and the warmth of the welcome & food provided was a real act of witness.

- To John & Alice Cheer and the church music group - you were amazing, Simon would have loved it.
- To the catering team – and all who donated food to feed the large congregation – including lots of young people with big appetites!
- To those on the door for welcoming everyone
- To Karen for the flowers
- To those on the sound & AV – for putting together photo montages.
- To Helen & Roger for reading so beautifully,
- To Anna, Jonathan & Seb for giving us an insight into Simon's character
- And to Martha and David for leading the service with sensitivity and courage – speaking into the grief we all feel and reminding us to reach out to each other for support.

Thank you.



Lunchtime Concerts

Change is in the air as the nights lengthen, and the schools and colleges restart and yes, the Wednesday end of month lunchtime concerts resume!

They resume as the arts world is in crisis. Opera tours are being cancelled, St Davids Hall closed, for classical music lovers everywhere their options are shrinking.

Beulah lunchtime recitals are one of the few opportunities left in Cardiff for young musicians who are leaving or have left College to start honing their performing skills.

All three of our Autumnal concerts feature RWCMD students.

Wednesday, 25th September at 1.00pm

Duo Cain - a harp and cello duo.
Emily Harris and Tabitha Selley kick off the Autumn season with some beautiful music.

Wednesday, 30th October at 1.00pm

Welsh/Zambian baritone, Themba Mvula and pianist Paul McKenzie offer a thrilling recital of songs and arias.

Wednesday, 27th November at 1.00pm

Pedwar Bones, a trombone quartet perform Baroque to Jazz! An experience like no other!

Best wishes

Trix

ROOM HIRES

Just a reminder to all Church members and friends that if you are planning an event in the Church or Canolfan, it is important that you book the space beforehand. The Canolfan in particular is a very busy place and activities sometimes take place over the weekend.

To avoid double bookings, please always contact Mike McCarthy on bookings@beulahurc.or.uk to check that the space you need is available. Thank you.

Barbara

Editors' Note

The **deadline** for articles to be included in the **October 2024** edition of **Crossroads** is **Sunday 22nd September**.



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

crossroads@beulahurc.org.uk

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

ECO CELEBRATION DAY

SATURDAY 28 SEPTEMBER
11:00 AM

GUEST SPEAKERS

Anna McMorrin
Cardiff North MP

Julie Morgan
Cardiff North MS

ECO STALLS

Including...

Friends of Cefn Onn Park
Siop Sero
Sustrans Cymru

BULB PLANTING

BOOK SWAP

GARDEN TOUR

NO WASTE CRAFTS

Make reusable cloths
or a bug hotel

COFFEE & CAKE

Come along and
learn easy ways to
protect our planet

LLANISHEN METHODIST CHURCH
MELBOURNE ROAD

CF14 5NH



FACEBOOK.COM/LLANISHENMETHODIST

ECO CHURCH
AN A ROCHA UK PROJECT

Hello everyone,

On Saturday 28th September at 11.00am,
Llanishen Methodist church
is holding an Eco-church celebration.

With guest speakers –

Anna McMorrin – MP for Cardiff North
Anna has recently visited the Antarctic
– and seen the impact of climate change.
Julie Morgan - Member of Senedd Cymru

There will be stalls from local organisations,
activities and lots of tea/coffee and cake.

This is our main annual event – it would be lovely to
see people from Beulah there.

I'm aware it's the same weekend as the Beulah
Harvest Supper/Auction of Promises, but the events
complement one another.

Thanks,

Vera

Harvest Supper

The **Harvest Supper** on
Saturday Sept 28th, will be
held in the **Canolfan** and start at
6pm until 8.30pm.

The meal will be a free hotpot
Harvest Supper (meat and vegi
options), followed by apple pie/
crumble. It is an event for the
whole family, and please invite
friends. It will be followed by a
sugar bag/ auction of promises.
The sugar bags will be mystery
items donated by church
members, and the promises are
offers of actions such as
gardening, baking or baby
sitting, again from people in the
church family. Items and
promises will be bid on and all
funds will go to KIN, the Beulah
outreach charity.

Please sign up for meal, or
donations of gifts or promises in
the church porch. Also, please
save any spare sugar bags!

See Marianne Barwise for
further details.





Canolfan Beulah, Rhiwbina Crossroads, CF14 6LT

Drop In to use the café, to try a game or taster activity ...

A chance for KS4 and KS5 students to meet up, to take part in some fun, stress free, taster activities at Half Term

WHEN? Tuesday 29th Oct, 2-3.30pm

WHO? 14 -17 years

WHAT? Table Tennis, Table Football, Bike Repair/MOT (to be confirmed), Yoga, Board Game, Café

COST? Free!!

Come along with a friend ...

Bring your bike if repair / MOT needed...

For further details contact Eleanor 07866655443

Teen Taster Day – “Drop In2 The Canolfan”

Following the success of the Beulah Play Day for 0-5 year olds, an event for adolescents is being planned for autumn half term, Tuesday 29th October, 2pm – 3.30pm.

The aim is to try to connect a wider range of this age group to the Canolfan and to provide a selection of taster, fun, well-being activities appropriate for 14-17 year olds, (ie key stage 4 and 5 students).

Planning is underway to offer Bike Repair / MOT workshop, Yoga taster session, Table tennis, Foosball, Music Quiz, Craft Future Eyes Activity, Board Games Café.

Please feel free to publicise this event with family, neighbours, or any other appropriate outlet. It will be a challenge to access this particular target audience, so your help in doing so will be very much appreciated.

If you feel you might be able to offer some support, on the 29th, a few additional helpers would be very welcome.

Thank you, *Eleanor*

SOCIAL OUTING: COACH TRIP TO GLOUCESTER AND GLOUCESTER CHRISTMAS MARKETS

**SATURDAY
9TH NOVEMBER 2024**

Thank you to those of you who have signed up to say you would be interested in coming along and I have transferred your names to the new ‘confirmed’ list which is in the Church Porch and the coach is now booked. If at least 45 people sign up, the cost will be £15.00 per head. The plan will be to leave from outside the Canolfan at 8.30am and depart from Gloucester at 5.00pm, so if you are planning a night out you can still fit that in!

For those of you who haven’t been on one of our trips before, you will be free to ‘do your own thing’ on the day and **everyone is welcome**. If you would like more information please don’t hesitate to contact me.

Barbara

Shoebox Appeal

Operation Christmas Child

This year, again, we will be having a shoebox collection to help with the cause. If you are unable to make up a box, yourself, we will be happy to receive your boxes/items or donations. The collection date/deadline for items will be **Sunday 27th October**. We will have leaflets available soon to provide you with guidance, but if you have any questions in the meantime, please ask Ann Grimes.

Thank you,

Ann



Beulah United Reformed Church

September 2024

Sunday 1st September	10.30am	Worship* - Revd David Dean/Revd Martha McInnes-Communion - Junior Church Beulah Younger Youth (11-14) Space 4U collection
Sunday 8th September	10.30am	Worship* - Revd David Dean/Revd Martha McInnes- Junior Church
Monday 9th September	7.30pm	Elders meeting
Sunday 15th September	10.30am	Worship* – Revd David Simpson Junior Church
Saturday 21st September	3.00pm	Family Film Show
Sunday 22nd September	10.30am	Worship* – Revd Dr Jason Askew – Junior Church
Monday 23rd September	7.30pm	Church Meeting
Wednesday September 25th	1.00pm	Lunchtime Concert
Saturday 28th September	10.15am	Gathering for Prayer (Whitchurch, Rhiwbina and Birchgrove Churches Together), Tabernacle @Bethany Baptist + refreshments
Saturday 28th September	6.00pm	Harvest Supper and Sugarbag Auction
Sunday 29th September	10.30am	Worship* – Revd James Hall Junior Church

*Coffee will be served in the Canolfan after Sunday worship unless otherwise indicated

Mondays	Miss Tilley's Community Cafe:	9.30-12.00	see note
	Womens Fellowship	2.00-3.00pm	
Tuesdays	Miss Tilley's Community Café	9.30-12.00	(see note)
	Beulah Tots	9.30-11.00am	(see note)
	Online Bible Study with Revd M. McInnes	2.00 - 3.00pm	
Wednesdays:	The Huddle	11.00-12.30pm	(see note)
Thursdays	Café Dosbarth	9.30-12.00	(termtime)
Fridays and Saturdays	Whittaker Lounge Café	10.00-12.30pm	
Sundays	Youth Fellowship	7.15 - 9.00pm	(termtime)

Note: BeulahTots will start back on September 10th and **The Huddle** on September 11th.
Miss Tilleys will resume on 2nd September

TO HOPE AND ACT WITH CREATION

The Season of Creation is an annual ecumenical opportunity for Christians from around the world to come together to renew their relationship with creation through prayer, celebration, response and commitment.

The theme this year is "To Hope and Act with Creation". Faith leaders are marking the Season with a call to followers to endorse the Fossil Fuel Non-Proliferation Treaty which would provide a global exit plan and a fair transition away from fossil fuels. <https://fossilfuel treaty.org/>

During September there will be the opportunity in Beulah to sign petitions both to the Prime Minister and the First Minister of Wales calling on the UK and Welsh governments to endorse the treaty.

The eco group is holding an event on Saturday, 5th October where you can find out more. Elected representatives, churches and organisations will be invited and it would be great if there was a good turnout from Beulah to show the church's support of the treaty. Please do come along.

If you have any questions, please speak to Eileen



It's time for a
**FOSSIL FUEL
NON-PROLIFERATION
TREATY**

Please come along to find out more on
Saturday, 5th October 10.00 – 12.00
Canolfan Beulah, Rhiwbina CF14 6LX

Refreshments will be served

CALL FOR A FOSSIL FUEL TREATY

We need a global exit plan from fossil fuels

FossilFuelTreaty.org



Papyrus Hopewalk

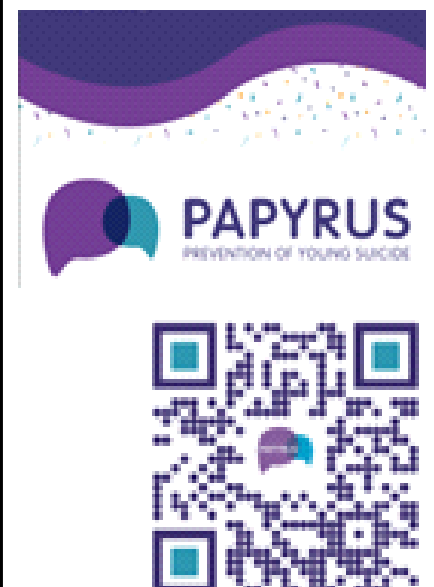
Many of us have recently become aware of the amazing work done by the Charity Papyrus. They focus on the prevention of suicide and the promotion of positive emotional wellbeing in young people. They run a yearly walk around the the UK every October - Hopewalk. It is timed to link with Mental Health Awareness Day.

The aim of the walk is to raise awareness and funds for Papyrus's important work, to smash the stigma and get the conversation around suicide started.


Some of us from Beulah plan to join Cardiff's Hopewalk in memory of Simon Ruddock. Lifts can be shared to the event if helpful, please speak to Marianne Barwise.

The Cardiff Hopewalk will be on Thursday 10th October at 5:30pm. The walk will start and finish at Papyrus Office, Hastings House, Fitzalan Place, Cardiff, CF24 OBL. The walk will be roughly under 1 hour. You can sign up at: <https://www.papyrus-uk.org/hopewalk/>

Thanks, *Marianne*



PAPYRUS
PREVENTION OF YOUNG SUICIDE



Elders and Stewards Rota September - October

Date	Elder on duty (DE) & Stewards (S)	Vestry prayer	Communion			Communion Prayer
			Minister's right	Minister's left	Preparation	
			(P = Prayer)			
September 1st Communion	Marianne Barwise (DE) Ann Grimes (S) Andy Wales (S)	Kaye Mundy	Fiona Liddell Ruth Williams Colin Grimes	Secretary Helen Harries (P) Ian McDowell	Fiona Liddell	Helen Harries
September 8th	Jenny McDowell DE Eleri John (S) Mary Edwards (S)	Marion Williams				
September 15th	Ruth Williams (DE) Denise Dickman (S) Audrey Budding (S)	Jenny McDowell				
September 22nd	Fiona Liddell (DE) Derek Evans (S) Nigel Barwise (S)	Andrew Glanfield				
September 29th	Ian McDowell (DE) Giles Ballisat Lesley Richards (S)	Eleanor Mills				
October 6th Communion	Andrew Glanfield DE Hollie Glanfield (S) Richard Sweetnam (S)	Philippa Ballisat	Bev Hampson Beverley Clay Kaye Mundy	Secretary Arlene Ramasut (P) Eileen Newington	Bev Hampson	Arlene Ramasut
October 13th	Jonathan Grimes DE Cathy Wales(S)	Beverley Clay				
October 20th	Beverley Clay DE Ann Grimes (S) Viv Morgan (S)	Colin Grimes				
October 27th	Eileen Newington Viv Jones (S) Harley Jones (S)	Marianne Barwise				



Iona

ROTAS

Date	AV	Readers	Intercessions	Flowers	Arranger
September 1st	Richard Sweetnam	Jenny McDowell	Matt Jones	Louise Morgan	Karen
8th	Ian McDowell	Ruth Williams	Arlene Ramasut	Marion Williams	Viv Jones
15th	James Hall	Liz McCarthy	Revd David Simpson	Mary and Mike Warsop	Mary Warsop
22nd	Andy Wales	Gaynor Rees	Kate Hampson	tbc	Ann Brown
29th	Andrew Glanfield	Richard Sweetnam	Anne James	Heather Bishop	Ann Brown
October 6th	Ian McDowell	Matt Jones	Colin Grimes	Lorraine Larcombe	Karen
13th	Richard Sweetnam	Pat Ruddock	Ian McDowell	Viv Morgan	tbc
20th	Nigel Barwise	Brenda Cheer	Tony Webb	Louise Morgan	Viv Jones
27th	James Hall	Andy Wales	Giles Ballisat	tbc	tbc

It is better to give than to receive...

One of those Bible verses you may have learnt as a child, and which as a child, I for one wasn't entirely convinced by!

But today, when I ride tandems at Pedal Power with blind or partially sighted friends, I couldn't put it better. Never has 'volunteering' been so rewarding and so much fun!

There is no stereotype for participants. As pilots (on the front of the bike) we have both women and men, and the same as stokers (on the back). Age is no barrier - at present the dozen or so members of the group range from 20 something to 80 something! Lycra is not required – in fact it's pretty rare.

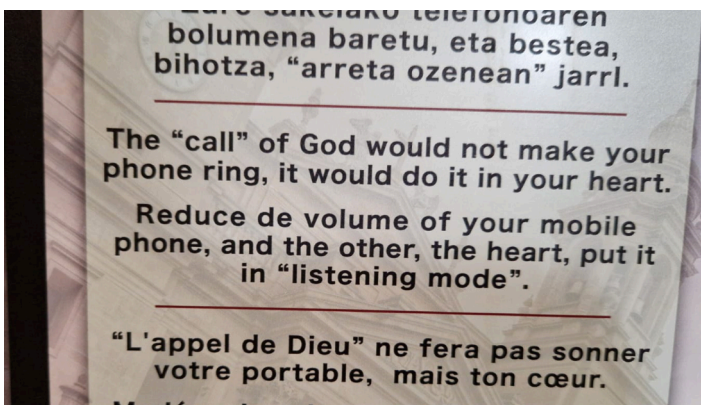
We ride for up to a couple of hours every second Saturday morning, from Pedal Power's base in Pontcanna Fields to places like Cosmeston Lakes or St Fagans. A stop for coffee - and often cake! - is an essential part of every ride. The social aspect of the group is almost as important as the bikes. I find the trust shown by our blind and partially sighted friends is quite remarkable, and the lessons it has taught me about communication and inclusivity are too many to count.

This is just one way Pedal Power is enabling people to fulfil their cycling potential - it is an amazing, friendly, inclusive place where everyone really is welcome. To ride a bike, or a trike, or a tandem, or to have lunch or (very good) coffee, take part in art workshops - the list goes on!

For me, and for so many others, it's an oasis of joy, a place to rediscover wellbeing, in a messed-up world. You can find Pedal Power online at [Pedal Power | accessible cycle hire | Cardiff, UK \(cardiffpedalpower.org\)](http://Pedal Power | accessible cycle hire | Cardiff, UK (cardiffpedalpower.org))

Do try it, or chat to me about it.

Pat Ruddock



Jenny McDowell saw this notice in the cathedral in Pamplona.

THEOLOGY ON TAP

Over the last couple of years Theology on Tap has provided an informal arena for people to meet at the Deri to share the challenges of life and faith, air doubts and receive reassurance.

During the summer, while away in different parts of the country, people began sharing notices and posters that had caught their attention and that had put into words some of their hopes, dreams and challenges. We wanted to share these with you and who knows perhaps you will have a contribution of your own and even join us in Theology on Tap.

Roger B.

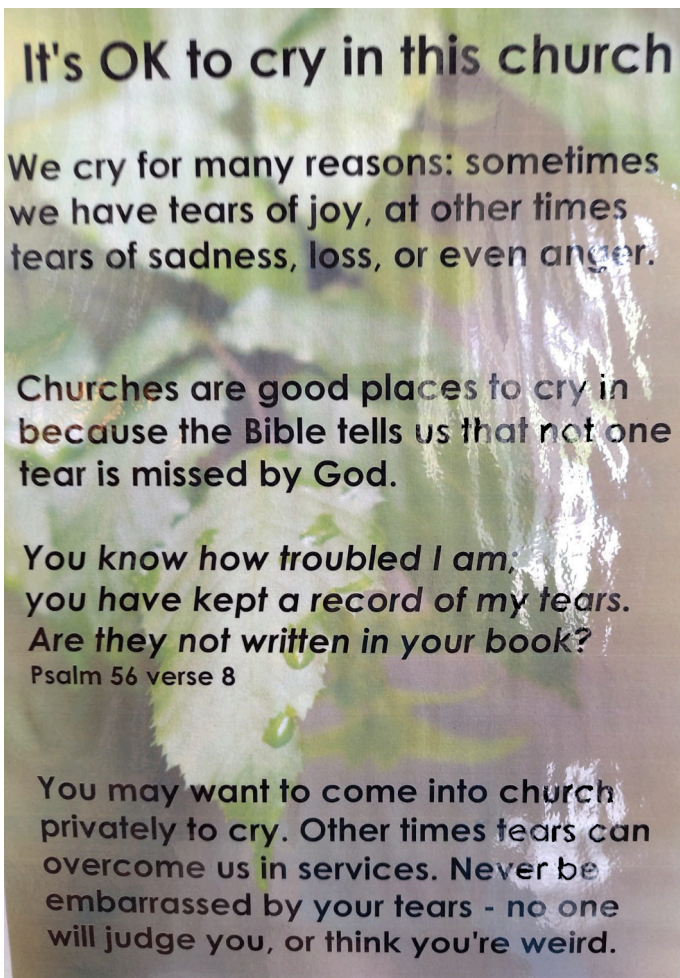
You have come into this House
Where God lives
Whoever you are, He welcomes you,
With your gladness and your sadness
Your success and your failures,
Your hopes and your disappointments
Be welcome,
Before you, generations loved,
This place, helped to build it,
to make it beautiful, and prayed here

Enter it. Be silent.
If you believe, pray.
If you are seeking, think.
If you are doubting, ask for the light.
If you are suffering, ask for the strength.
If you are in joy, give thanks to God.

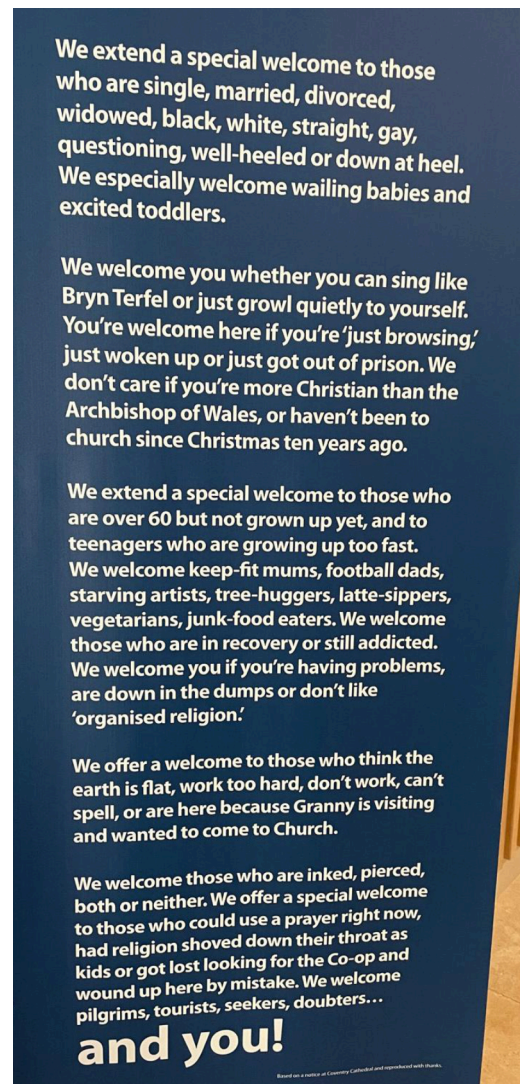
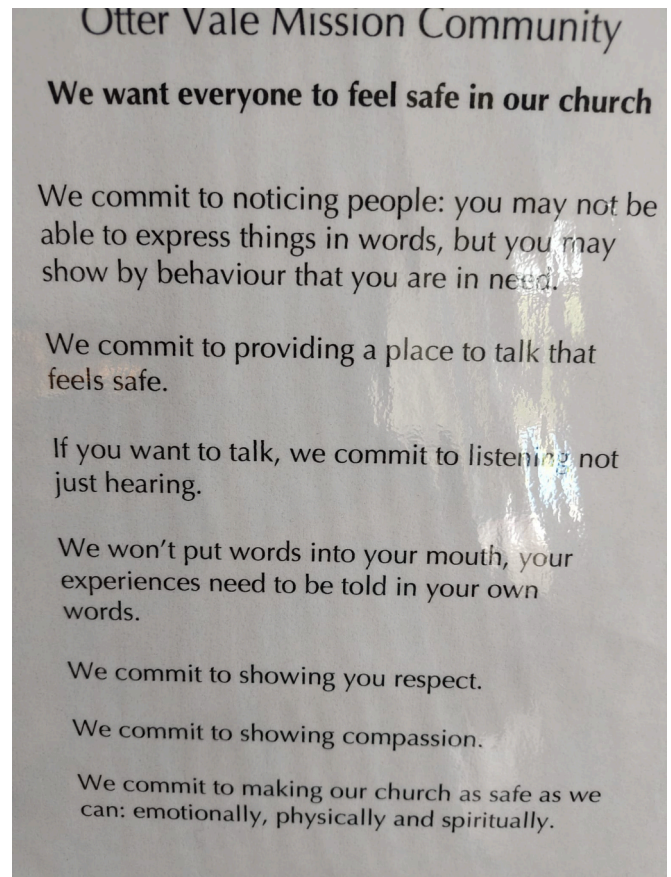
Pat Ruddock spotted the notice above in a church in Lawrenny, Pembrokeshire.



This poster was found by Fiona Liddell in Ottery St Mary Parish Church



Three more posters found by Fiona Liddell in Ottery St Mary Parish Church, above, below and top right



Roger Bidnell saw this poster in a church in Llanwrst.