

CHURCH AND FAMILY NEWS

Church News

It is hard to believe that it is March already. The spring flowers are starting to break through the soil and hopefully green bin collections start again – my own sign that winter is on the way out! The first two months of the year have been busy in Beulah with events such as the new Community lunch starting in January, warm rooms returning in the Whittaker Lounge and a barn dance to work off some the Christmas treats. We continue to look outwards to the community and for ways to make Beulah a welcoming an inclusive place to worship. If you have any ideas of ways to continue this work, please get in touch.

We are now beginning to plan for Lent which is later this year with Good Friday on 18 April. Hopefully our successful outreach to the community at Christmas can be carried on throughout Lent. A note for our diaries is the World Day of Prayer on March 8 which this year takes place in All Saints, Rhiwbina at 2.00 pm, the theme is *I made you wonderful* and has been prepared by women of the Cook Islands. At a time of so much bad news of war and division in the world a World

Day of Prayer seems more important than ever.

Family News



It is good to be able to announce a forthcoming Beulah Wedding on 13 September at 1pm when Rebecca Grimes will marry James Bellefontaine.



Congratulations to Eleri John on the birth of her grandson Hugo William John to Katie and Adam.

John Williams is in hospital but is hoping to come home soon.

Frank Kinsey has moved to Llandough hospital and is settling in.

Cynthia Davies is now home from hospital as is shortly celebrating a big birthday. Arlene Ramasut is also celebrating a big birthday so happy birthday from Beulah to Cynthia and Arlene.

Our thoughts and best wishes go to all those who are unwell at home and in hospital.

Every blessing
Anne

Elders' Meeting of 10 February

The elders' meeting agreed that it would be useful if I could include a synopsis of their work each month for Crossroads. Here is the February synopsis.

A brief Report on the Elders Meeting 10 February 2025 held in Whittaker Lounge at 7.30pm

The Elders discussed the process for the Charity/ Governance issues to proceed following approval by the Church meeting on 23 February.

Beulah will continue to work towards an inclusive church and proposals will be put to a future Church Meeting. The first Community Lunch which took place on 19 January was reviewed: it was well attended and would be publicised more widely. More volunteers are needed and thanks extended to all involved.

Premises Issues were considered, in particular the Leaver Room as the roof and solar panels need to be

(Continued on p.3)

CONTACT

Ministers in the Pastorate:

Revd. Martha McInnes,
Revd. David Dean,

Email: ministers@beulahurc.org.uk

Church Secretary: Email: secretary@beulahurc.org.uk

Church Treasurer: Barbara Rhys, Email: treasurer@beulahurc.org.uk

Church Office: Email: bookings@beulahurc.org.uk



replaced. It was also noted that steps were being taken to tackle condensation in certain parts of the church. Thanks were extended to the Premises Committee for all their work.

Beulah Tots and the Huddle – Fleur Richards will be finishing in Beulah Tots and The Huddle and thanks were extended to Fleur for all her work on both over the years. Marion Williams and Barbara Rhys are taking over The Huddle. A team to run Beulah Tots is still being sought.

Recruitment of Elders 2025 was discussed and the meeting is keen to encourage new and returning Elders to take up Elders' roles. Elders considered the forward planning of Christian Aid Week (11-17 May) and Mental Health Week (12-18 May) – the church will participate in both and these are dates for the Church diary.

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

! The Premiere of ! • 'Beulah Stories' •

22 March at 7 pm, Canolfan

Come see and hear the stories of people from Beulah as they talk about the church and the community captured on film by Viv and Harley Jones.

WORLD DAY of PRAYER

The World Day of Prayer will be held on Friday 7th March at All Saints Church, Rhiwbina at 2.00 pm and will be followed by light refreshments. As you no doubt recall, the service is held all around the world over a 24 hour period. This year the service has been devised by the women of the Cook Islands and is entitled "I made you wonderful." A warm welcome awaits you. We hope that you can support this important event in the calendar of churches in Rhiwbina.

Diane Burton and Mary Bidnell.

Tots

No Tots on 25th February, back on March 4th.

The Huddle

No Huddle on 26th February, back on March 5th.

Letter from the Manse

(Continued from Front page)

ourselves in connection with our understanding of God.

However, this story gives us a glimpse into the love of God. Perhaps in Lent rather than giving up something we can practice love--love that moves beyond our human limitations and makes space for the people we have written off? David often says he has compassion for difficult people. It doesn't mean we allow people to walk all over us. It does mean we hold them in the light of God's love. Maybe we can be the ones who offer that little glimmer of light that encourages them to begin the climb out of the pit of despair.

We can change our social media diet. We can eat fewer crisps. We might also practice loving others. After all, when we listen to the pain spewed out on the news, isn't that what the world needs now? Love offers an alternative message of hope made real by people who forgive and love in the name of Jesus. Have a loving Lent

Yours,

Martha and David

LENT

The period before Easter is known as Lent in the church calendar and begins on 5th March, known as Ash Wednesday. As is our custom, there will be opportunities to observe this period in a number of ways.

Ash Wednesday

There is an opportunity to attend services when there will be the imposition of ashes on 5th March at All Saints Church at 10 a.m. or at St Mary's in Whitchurch at 6pm. All are welcome.

Lent Study Groups

As usual, we are having Lent study groups and these will be held jointly with City URC and will alternate between the two churches as follows:

Wednesday 12th March 7.30pm – Beulah URC

Wednesday 19th March 7.30pm – City URC

Wednesday 26th March 7.30pm – Beulah URC

Wednesday 2nd April 7.30 pm – City URC

Wednesday 9th April 7.30pm – Beulah URC.

Lent Study Group on ZOOM

In addition, Martha will be hosting a Lent Study Group on-line on Zoom. These will be each Thursday afternoon – 13th, 20th, 27th March, 3rd and 10th April at 2pm.

If you would like to take part in the Zoom discussion please contact Martha by E mail - ministers@beulahurc.org.uk - and she will send a link.

The study material this year is called “*Witness at the Cross*” by *Amy – Jill Levine*. You may wish to purchase the book beforehand, but this is not necessary, you will not be expected to have read it before the discussion group!

We hope you are able to join in some of these Lent activities, as we mark this period of reflection leading up to EASTER.

Wales Millennium Centre

If you would like to join with us to see the following shows at the Wales Millennium Centre, please sign the lists in the church porch.

Everyone is welcome. (seats are in the raised stalls)

The Book of Mormon 10th July 2025 7.30pm

£52 Payment date 3 March 2025

Tina Turner The Musical 26th February 2026 7.30pm

£38 Payment date 7 April 2025

Monthly Community Meal

The church fellowship meal was well received in January, plans are progressing to open it up to the local community. Going forward it will be known as the Community Meal, and will be on the **4th Sunday of the month, still upstairs in the Canolfan at 12.30 midday**. Everyone is welcome to enjoy a delicious lunch in a relaxed and welcoming environment. So please spread the word and invite your friends.

Beulah is covering the cost of the meal, donations will go towards KIN. If donations are high a small kitty is being held back to reimburse those contributing ingredients. Rhian Jones has kindly agreed to manage the kitty.

Please speak to Marianne Barwise if you would like to help with the meal in any way, or have ideas how we can spread the word in the local community. We are using locally sourced ingredients, being prepped at home, to make a hearty Sunday lunch. Jobs include prepping veg, setting up tables, making puddings, serving, washing up & befriending. A rota of helpers will share sustaining the regular commitment. Thank you to all who are already helping.

Crossroads Concert

MARCH

Wednesday 26th March at
1.00pm

Musique a L'Ancienne play
music by Telemann and
Handel among others.

This group is led by Andrew
Wilson-Dickson - harpsichord
from Canton Uniting

Andrew is no stranger to
Beulah, he often brought
groups of students when he
was in charge of Early Music
at the RWCMD.

He brings a group of fellow
musicians including

James Brookmyre - recorder,
Robert Cavaye - baroque
violin

Lucy Robinson - viola da
gamba and Alexandra
Robinson - baroque cello

They are in Nicola's words
"incredibly accomplished and
energetic group who will
delight us with the sound
world of the baroque era".

Please come and listen to the
sound of 18th century music.

Tickets £8 on the door

Trix

Beulah URC

Family Film Shows

Family favourites on the big screen
Suitable for all ages*



Saturday afternoons 3.00pm
18th Jan, 15th Feb & 15th Mar 2025

Canolfan Beulah, Rhiwbina Village

FREE of charge

Interval ice cream No booking required

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

Crossroads Concert

FEBRUARY

Wednesday, 26th February, at 1.00pm

Gwenllian Llyr - harp (Nicola Rose writes)

Gwenllian last performed in Beulah in 2014. An outstanding harpist she has since been in great demand as a soloist, teacher and orchestral player. We are delighted to welcome her back to the concert series.

Her programme includes beautiful harp pieces by Faure and Debussy.

Tickets £8 on the door.

Trix

Working to be an Inclusive Church!

At a Church Meeting last year we agreed to work towards becoming an “Inclusive Church” and registered Beulah as a member of the “Inclusive Church Network” ([Inclusive Church](#)). Over the years, we have worked hard to make Beulah a welcoming place for everyone. For example, we have a loop system for those with hearing difficulties, large print Orders of Service, a lift in the Canolfan, ramp access for wheelchairs, lifts for those who need transport and a Pastoral system which helps us to understand the needs of our members and friends so that we can respond. Last year, some of us took part in a training session about Dementia and Alzheimer’s Disease.

After our discussions about inclusion we felt that we could do more and we set up an “Inclusive Church Working Group” to advise us about next steps. The group has now reported and has recommended to Elders that we think particularly about Neurodiversity / Autism as a next stage before moving on to other areas where a greater understanding would enable us to be more

inclusive. Our Elders have accepted this recommendation. We are hugely helped in this by one of our congregation who is in a good position to advise us as a member of the Wales Neurodivergence Team based with the WLGA (Welsh Local Government Association).

The first stage of addressing this recommendation is that our Ministers, Elders and others in roles where we engage with children and young people, visitors and members (**and indeed all who might be interested**) are encouraged to undertake a short online course on Part 1 Understanding Autism and where possible Part 2 Understanding Effective Communication and Autism. If you meet the requirements, you will be able to download a certificate recording your achievement. If a significant number of us undertake this, we may receive a badge that we can display stating that Beulah is either an Autism Understanding or Autism Accepting Church. This would be a first in Wales (although that is not why we are doing it!)

This article is an invitation to you to undertake this short, free and interesting e-learning opportunity. Martha, Neil and I have undertaken the first

module. It takes about 40 minutes and is based on slides, bits of film and questions (True or False type) at the end of each section. I undertook it with Beulah in mind, but found that it was also of interest in other aspects of life and well worth doing. Some of us may know of people in our families and community who are neurodivergent, but there are also others of whom we would not be aware.

I hope that you will feel that you can give this a try. It’s great to be a welcoming church, but even better to be able to meet the particular needs of those who come to us with practical skills and greater understanding. You will be helping us to make Beulah an even more inclusive church. If you are interested in taking part in this free e-learning course, please contact me and I will send you the special Beulah link and instructions.

Liz Kidd

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.

ROTAS

Date	AV	Readers	Intercessions	Flowers	Arranger
March					
2nd	Richard Sweetnam	Helen Harries	Mary Bidnell	Mary & Lesley Richards	Karen
9th	James Hall	Ruth Williams	Marion Williams	Arlene	Arlene
16th	Nigel Barwise	Giles Ballisat	Jill Ferdinando	Marion & Kevin Williams	Beverley
23rd	Andy Wales	Derek Evans	Keirsten Eales	Rhian Jones	Ann Brown
30th	Ian McDowell	Pat Ruddock	David Simpson	Karen & Fleur	Karen
April					
6th	Ian McDowell	Cathy Wales	Nigel Barwise	tba	tba
13th	Richard Sweetnam	Liz Kidd	Giles Ballisat	Ann & Colin Grimes	Karen
17 th 18 th	Andrew Glanfield Nigel Barwise				
20th	Andy Wales	Jill Ferdinando	Lorraine Larcombe	tba	tba
27th	Andrew Glanfield	Colin Grimes	ECO Group	tba	tba

Editors' Note

The **deadline** for articles to be included in the **April 2025** edition of **Crossroads** is **Sunday 23rd March**.

Contributions should be sent to Colin, in person, by post or by email at: **crossroads@beulahurc.org.uk**

Editors:

Colin Grimes,

Nigel Barwise

Email: crossroads@beulahurc.org.uk



New Elders

If you are interested in being an elder, please get in touch with me for an informal chat or have a chat with any of the elders. We would all be happy to chat about Eldership and would like to encourage new elders or returning Elders to get in touch.

Anne

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



Space4U
St German's Church Hall
Star Street
Cardiff CF24 0JY

5 February 2025

Barbara Rhys
Treasurer
Beulah United Reformed Church

Dear Barbara

Thank you for the donation of £669.07 from Beulah URC, raised through the Mulled Wine & Mince Pie stall at the Rhiwbina Festival in December 2024.

This generous donation will help to support our drop-in sessions for people who are asylum seekers and refugees. Currently, we see around 70 to 80 people at our sessions on Mondays and Thursdays and we are regularly meeting people who are new to Cardiff and in need of help. At the drop-in we offer friendship, English classes, recreational activities with refreshments and a popular hot meal cooked by chefs from the community. We also provide help with the urgent needs and challenges often faced in our community. Our Help & Information team and our Food Store team see several people each week and often provide support to individuals over many months. Our Clothing sessions on Monday mornings help around 30 individuals and families every week with clothing, underwear, shoes, bedding and other essential items.

This coming year will bring some changes for Space4U as we return to our long-term home at the Trinity Centre following an extensive redevelopment project. The new centre will be a greatly improved hub for the community of asylum seekers and refugees and we are looking forward to letting all our supporters know about our new home and how we will be organising our activities and services.

From the community at Space4U, our thanks to all those at Beulah URC who once again have made the Mulled Wine & Mince Pie stall such a great success on our behalf.

With best wishes,

A handwritten signature in black ink that reads "Lynne Thomas". The signature is written in a cursive style and is underlined.

Lynne Thomas
Treasurer, on behalf of Space4U

Registered Charity number 1158327

Contact via website: www.space4ucardiff.co.uk or email: cardiffspace4u@outlook.com

ELDERS' DUTY ROSTER

Date	Elder on duty (DE) & Stewards (S)	Vestry prayer	Communion		
			Minister's right	Minister's left	Preparation
			(P = Prayer)		
2nd March	Geraint Richards (DE)	Kate Hampson	Eileen Newington	Secretary	Eileen Newington
Communion	Naomi Williams (S)		Keirsten Eales	Bev Hampson	
	Nigel Barwise (S)		Louise Morgan	Eleanor Mills (P)	
9th March	Jenny McDowell (DE)	Colin Grimes			
	Eleri John (S)				
	Mike Warsop (S)				
16th March	Mark Stephens (DE)	Beverley Clay			
	Harley Jones (S)				
	Viv Jones (S)				
23rd March	Ian McDowell (DE)	Geraint Richards			
	Barbara Clift (S)				
	Denise Dickman (S)				
30th March	Kate Hampson (DE)	Keirsten Eales			
	Mary Edwards (S)				
	Derek Evans (S)				
6th April	Colin Grimes (DE)	Andrew Glanfield	Keirsten Eales	Secretary	Keirsten Eales
Communion	Ann Grimes (S)		Andrew Glanfield	Barbara Rhys	
	Audrey Budding (S)		Marianne Barwise	Mary Bidnell (P)	
13th April	Eileen Newington (DE)	Anne James			
Palm Sunday	Richard Sweetnam (S)				
	Helen Harries (S)				
17th April	Andrew Glanfield (DE)	N/A	Ian McDowell	Secretary	Ian McDowell
Maundy	Hollie Thomas (S)			Marion Williams	
Thursday					
18th April	Kaye Mundy (DE)	Marianne Barwise			
Good Friday	Naomi Williams (S)				
	Gaynor Rees (S)				
20th April	Marion Williams (DE)	Liz Kidd	Jonathan Grimes	Secretary	Jonathan Grimes
Easter Sunday	Tony Webb (S)		Bev Hampson	Jenny McDowell	
Communion	Liz McCarthy (S)		Kaye Mundy	Philippa Ballisat (P)	
27th April	Kate Hampson (DE)	Mary Bidnell			
	Viv Morgan (S)				
	Derek Evans (S)				

Canolfan Beulah

Towards the end of the day

Sunday 9th February

Sunday 2nd March

Sunday 23rd March

Sunday 13th April (Palm Sunday)

Prayer and song for the evening

6 pm

A simple service lasting about 40 minutes with music, words
and a little space for reflection. Tea and cake around 5.45 pm!

Monico Movies 'ARGO'

Saturday 8th March

Directed by Ben Affleck.

Based on the true story of the
1979 Iranian hostage crisis,

Tickets on sale now.

'CONCLAVE' on Saturday

12th April

With Ralph Fiennes as

Cardinal Lawrence.

Tickets on sale from Monday

10th March.



Beulah United Reformed Church

March 2025

All welcome

Sunday 2 March	10.30am	Worship - Revd Martha McInnes / Revd David Dean Communion, Junior Church
	5.45pm	Towards the End of the Day - Canolfan
	6.00pm	BWISE young teens group
Sunday 9 March	10.30am	Worship – Dr Fiona Liddell Junior Church
Monday 10 March	7.30pm	Elders Meeting
Tuesday 11 March	7.30pm	Theology on Tap, Deri Inn
Saturday 15 March	3.00pm	Family Film in Canolfan
Sunday 16 March	10.30am	Worship - Ms Maggie Kirkbride Junior Church
Saturday 22 March	7.00pm	The Premiere of 'Beulah Stories'
Sunday 23 March	10.30am	Worship – Dr Andrew Glanfield Junior Church
	5.45pm	Towards the End of the Day - Canolfan
Wednesday 26 March	1.00pm	Lunchtime Concert at the Crossroads
Sunday 30 March	10.30am	Worship - Revd David Simpson Junior Church

Regular Weekly Activities

Sundays	7.15 – 9.00pm	Youth Fellowship (termtime)
Mondays	9.30 – 12.00 1.00 – 3.00pm	Miss Tilleys Community Café (termtime) Women's Fellowship
Tuesdays	9.30 – 12.00 9.30 – 11.00	Miss Tilleys Community Café (termtime) Beulah Tots (termtime)
Wednesdays	11.00 – 12.30	The Huddle (termtime)
Thursdays	9.30 – 12.30	Caffi Dosbarth (termtime)
Fridays and Saturdays	10.00 – 12.30	Whittaker Lounge Café