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CHURCH AND FAMILY NEWS

CHURCH NEWS

*Fall, leaves, fall; die, flowers,
away;
Lengthen night and shorten
day;
Every leaf speaks bliss to me,
Fluttering from the autumn
tree.*

Emily Brontë

We enter November after a full October which began with the Memorial Service for Peter Cruchley on the 5th of October. The church was full as we remembered Peter in words, music, tears and laughter. We were asked to submit to Lesley Richards the word which represented Peter for us, and she put

together a photograph for the service and also cards with these words on. Lesley has sent me a copy to put in this letter (see below) and is getting more printed as many have requested copies.

Shortly after this service I visited Crosby, while staying in Liverpool, and the installation – *Another Place* by Anthony Gormley,-- which reinforced the importance of art as a way of encouraging reflection and engagement. It is a lonely place surrounded by ships and massive container depots and so it is a very unsettling and moving experience.



Beulah carries on an art installation tradition, - started by Peter and Jo Jones, and this month we will see the return of Beulah Art when our project, which started at the Summer Festival, will go on display on the wall outside the Canolfan.

On 4 October we had our Harvest Supper and blind auction. Many were involved, both in the provision of a wonderful supper and in organising, collecting and wrapping the auction items. It was a wonderful night for all involved and many thanks for all the hard work and thank you also to those who donated and bid on auction items.

We now look forward to preparation for our Advent season and a full schedule for December. Our Advent information is given elsewhere in this Crossroads. Every blessing, *Anne*



Ministers in the Pastorate:

Revd. Martha McInnes,
Revd. David Dean

Email: ministers@beulahurc.org.uk

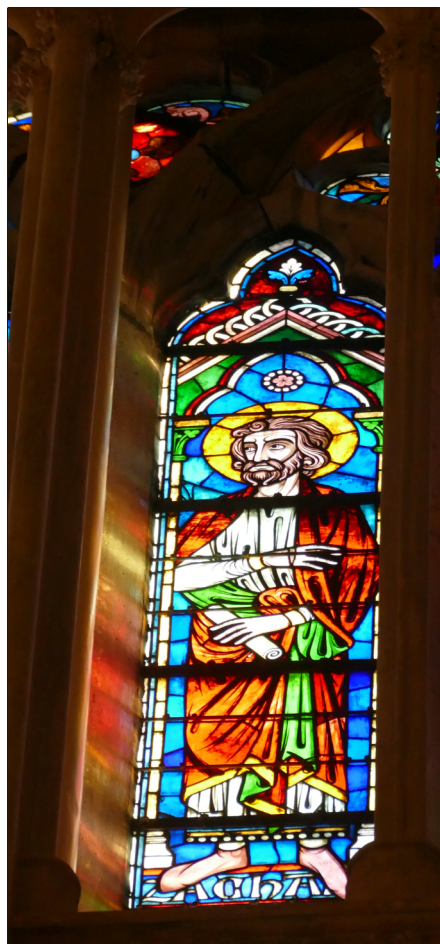
Church Secretary: Email: secretary@beulahurc.org.uk

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

Church Office: Tel: 07309 738828 Email: bookings@beulahurc.org.uk



CONTACT



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.

Special request! Space4U Food Collection

Thank you for your continuing support for the Space4U Food collection each month.

A box will be available in the porch as usual on the 1st Sunday of the month. We have quite a lot of long life milk at present but very little fruit juice. Could I ask for fruit juice this month instead of long life milk. Tins of tomatoes, pasta and tuna are also welcome. Thank you.

Jenny

To my Beulah Friends

Thank you so much for the lovely flowers that Marion kindly delivered to me. They have brought me such joy, looking at them, and thinking of you all. With love, thoughts and prayers,

Cynthia Davies xx

Message from Ken Graham

Myself and the family would like to say a big thank you for all the care, love and support shown to us since the death of Liz. In particular we would like to say a special thank you to Martha and David for their sensitivity at this sad time and the part they played in making Liz's memorial service such a special tribute to her. Thank you to all those who helped on the day, especially John Cheer who played the music so beautifully, to Karen Holbrook for arranging the lovely flowers and Ian McDowell for assisting with the sound system. Louise, Ann, Barbara and the rest of the catering team were amazing and we so appreciate everything you did for us. We feel very blessed to be part of the Beulah family.

We were also very grateful to receive almost £1000 in donations in memory of Liz to be split between Christian Aid and Médecins Sans Frontières.

Letter from the Manse

(Continued from Front page)

'kindness'. Perhaps Jesus' practice of healing and feeding could be considered a sign of kindness. In this case, kindness becomes a Jesus value.

Why write about kindness as we enter the last two months of the year? Perhaps to help us reflect on what has been a tough year. Perhaps to reflect on what we hope for the year to come. Perhaps to ask us to think about how we respond in this culture which is calling people to division. In the face of this social conflict, it is tempting to stay silent. Instead we could instead choose the side of kindness.

Of course, there are other things we can do - protest with like minded people of all faiths, share meals with those who come from different countries, educate ourselves. All of this still involves having kindness at the heart of what we do.

The route of kindness can be our path with each other in our church contexts, with family members who do not share our political or religious views, with strangers. We notice our daughter talks about 'gentle words' and 'gentle hands' with her two year old. Some may need us to use 'gentle hands' in order to provide for them physically; however, may more would benefit from the use of 'gentle words' - an essential aspect of the practice of kindness.

We leave with our words to our girls - 'be nice / be kind' - in the name of Christ. Amen.

Yours,

Martha and David

Helping churches to care for creation together



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

The Seven Rs

Green Christian's Seven Rs for Respecting Creation encourage us to Rejoice; Refuse; Reduce; Reuse; Repair; Rent, borrow and share; Recycle ... but do we remember to include our electrical goods?



GreenChristian

International E-Waste Day took place on the 14th October. It is an annual global moment to highlight electrical waste – the fastest growing waste stream worldwide. If you have a few redundant or broken electronics hiding in drawers at home, you're not alone. The UK is one of the largest producers of household e-waste in the world.

Electronic, or e-waste, includes any discarded items with plugs, cords and electronic components. Common sources of e-waste include televisions, computers, mobile phones, cables, e-cigarettes and vapes, and any type of home appliance, from air conditioners and microwaves to children's toys.

The world's rarest mineral resources are in our hands each

day. Our mobile phones are powered by precious raw materials that come from the earth. We don't just need these materials for our phones, we also need metals and minerals to make the technology that will help us create a cleaner and greener world. But there are environmental and human rights violations associated with extraction of critical minerals, and we must also seek a fairer world.

Recycling our old electricals could power clean energy. Copper to build wind turbines and solar panels could be produced from the electricals that we're currently throwing away or holding onto in our homes. Each of us can play our small part in building a circular economy that minimises or eliminates waste by returning precious resources into the production cycle. Professor Richard Herrington of the Natural History Museum says "Rather than creating things like mobile phones, using them for a while and putting them in a drawer when we buy a new one, we have an obligation not to lose track of where those precious materials are, and to ensure we are making products in forms that can be readily recycled ... We should make sure that once we pull them out of the ground we look after them and use and reuse them."

Recycle Your Electricals <https://www.recycleyourelectricals.org>.

[uk/](https://www.recycleyourelectricals.org) is a great website with lots of information and suggestions about what you can recycle and where.

Rhiwbina Hub and all the local hubs have facilities for recycling small electricals and it's surprising what they're able to accept. Repair Café Wales held once a month on Sunday afternoon in the Canolfan is also a first stop for getting things repaired so we can reuse them.

Barry Uniting Church have an Eco Church Thoughts contribution weekly in their newsletter, Waterfront Words. There was a recent item by Ruth, a member of their eco team, about pioneering technology at The Royal Mint. She says "Here in South Wales, The Royal Mint has built a precious metal recovery plant that extracts gold from discarded electronics such as phones, laptops and circuit boards. The process they use operates at room temperature, making it more energy efficient than traditional smelting methods. The plant can process up to 4,000 tonnes of e-waste annually, recovering hundreds of kilograms of gold each year." Initial use of the technology is producing gold, but when fully scaled up, the process has the potential also to recover palladium, silver and copper.

This initiative to support the move to a circular economy in Wales is very encouraging.

I know I have an old mobile upstairs ... I will go and dig it out!

Eileen

Thank you

Thank you to you all in Beulah for making Peter's memorial so special. The church and Canolfan were decorated beautifully. Graffiti Jesus and the Ninja Knitters were just perfect. Your chapel tea was incredible. One person asked, "Did Beulah do all this?" You did Peter proud, he would have loved it!

We felt surrounded by your loving care. Your cards and messages have been so thoughtful and caring with your memories of Peter.

Thank you, Beulah, for all you have done.

Diolch o galon.
With love,

Rhiannon, Enfys and Eleri

To Beulah

Thank you so much for everything that you've done for our Dad's memorial service

It was so special, and we felt really loved. We really appreciate your kindness, support, and for organising such a beautiful and thoughtful service and 'sad party'. Dad would have loved everyone being together.

We also want to say thank you for being such a big part of our childhoods. It was comforting to be part of Beulah again, although on sad terms.

Beulah is really special to our family and we really cherish our memories there.

We hope to see you soon.
Lots of love,

Enfys xxx & Eleri xxx



Synopsis of Elder's Meeting 13 October 2025

1. **Art Project – Tiles on the theme of Hope** - The artist is currently meeting with Beulah to discuss the mounting of the project and it will be put up in early November.

2. **Building Work** – the outside of the church is completed and work is now taking place on the Canolfan. We were awarded £10,000 from the URC Mission Development Fund towards the work.

3 The calendar for **Advent** has been agreed and will appear in Rhiwbina Living and this edition of Crossroads

4. In the coming year Elders will review the structure of the Elders and the work load for all Elders and others roles in the Church. The new Pastoral Elder system will be kept under review. Rotas and organisation generally will be kept under review. It was agreed to rename the Leadership Team the Church Officers & Ministers Meeting to better reflect its role.

5. The secretary will produce checklists of various events and procedures to ensure everyone is informed and that things run smoothly.

Anne James

Report from KIN (Beulah charity fundraising group)

Harvest Supper and Auction

A huge thank you to everyone who helped make the Harvest Supper and Auction such an enormous success – donors of gifts for the auction, soup makers and helpers on the night, to Tony for once again being a fantastic, enthusiastic and persuasive auctioneer, and last, but not least, those of you who spent so generously in your bidding for all the items on offer, alongside some individual donations. The end result is a wonderful total of over £1,000.00 for Christian Aid's Harvest Appeal. We do not yet have the final total until the bank statement comes at the end of October. We will let you have the exact figure in the December Crossroads.

Community Lunch

The Community Lunches are offered free of charge but many give donations on the day and any profit is forwarded to the Cardiff Foodbank. Thus far we have been able to send two separate donations of £395.00 and £376.50 and they are very grateful as the need for funds has never been higher. Thank you to all who help in any way

whatsoever either with donating food for the meals, helping on the day or by donating.

Rhiwbina Winter Festival – Saturday 29 November from 4.00-7.00 p.m.

The Whittaker Lounge will be open, events will be taking place in the Church, including crafts, music, etc; mulled wine and mince pies will be served in the Leaver Room in the Canolfan. We will be raising funds for Tenovus in the Lounge and the Church and for Space4U in the Canolfan. Look out for further information in the weekly Notices and elsewhere. There will also be sign up lists inviting you to come along and help.

CHRISTMAS

Community Carol Singing is when we will be raising funds for City Hospice. This will take place outside the Whittaker Lounge from 10.00 a.m. on Saturdays, 6, 13 and 20 December. On the 20th we will move to the Canolfan at 10.45 a.m. for our **Christmas Coffee Morning** for more music. There will be a sign up list in the porch and we would be grateful if you could please sign up to say if you will be able to come along on any, or all, of these dates, to help with

the singing. Coffee and mince pies will be available afterwards either in the Lounge or the Canolfan.

We will also be singing around the Christmas tree in Y Groes on Monday 22 December at 6.00 p.m. With coffee and mince pies available in the Whittaker lounge afterwards. There will also be a sign up list in the porch for this event.

Christmas Card in the Church

This will be available for you to sign by the end of November, and we will be raising funds for Papyrus.

Christmas Raffle

This will once again take the form of 3 wonderful hampers and we will be raising money for Shelterbox. Raffle tickets will be available at the Rhiwbina Winter Festival and on Sundays in December after the morning service.



The Meaning of Christmas



BEULAH UNITED REFORMED CHURCH

Heol Y Deri, Rhiwbina

Celebrate Christmas with us!

Services and events for Advent and Christmas

This festive season, our Rhiwbina community-based church warmly invites you to experience the joy and wonder of Advent and Christmas. From carol services and family-friendly nativity plays to thoughtful reflections on the meaning of Christmas and time to remember those we have lost.

Sunday 30 November - First Sunday of Advent

10.30am: Morning Service & Junior Church

Sunday 7 December - Second Sunday of Advent

10.30am: Morning Service, Communion & Junior Church
5.45pm: Towards the End of the Day – a time for quiet reflection and music - upstairs in the Canolfan

Wednesday 10 December - Jingle and Mingle

7 pm: Join us in Rhiwbina Tap for an evening of Christmas music

Sunday 14 December - Third Sunday of Advent

10.30am: Morning Service & Junior Church
6 pm: Light for our Loss – a service of remembrance for those grieving at Christmas

Saturday 20 December

10.45am: Christmas Charity Coffee Morning – Fun festive music and singing with refreshments in the Canolfan until 12noon. Preceded at 10 am by carol singing outside the Whittaker Lounge (see below). All proceeds to charity

Sunday 21 December - Fourth Sunday of Advent

10.30am: Morning Service & Junior Church
6 pm: Community Carol Service – come and join us!

Monday 22 December

6 pm: Community Carol Singing – join us in Y Groest to sing your favourite carols followed by refreshments in the Whittaker Lounge

Wednesday 24 December - Christmas Eve

5 pm: Family-friendly Nativity Service led by our younger children
11.15pm: Christmas Eve Communion Service

Thursday 25 December - Christmas Day

10.30am: Family-friendly Service

Carol Singing at the Crossroads

Saturdays in December – 6, 13, and 20 from 10 am.
Join us outside the Church. All welcome - proceeds to City Hospice

*All events are in the church unless otherwise noted. For more information, please visit our website (www.beulahurc.org.uk), our Facebook page (www.facebook.com/BeulahURC/) or email: secretary@beulahurc.org.uk.

Harvest thank you!

A big thank you from The **Huggard Centre and Space4U** to all those who brought donations of food and toiletries, socks, boxers/pants, gloves and hats to the Harvest Service. All of these items will be so useful for the people we work with – the homeless, refugees and asylum seekers in Cardiff. Much appreciated!

Jenny and Karen

Lunchtime Recital

Wednesday 26th November
at 1pm

Top Brass Trio

Corey Morris - trumpet

Tom Taffinder - horn

Dafydd Thomas - trombone

Includes some seasonal favourites.

Complimentary coffee and mince pie.

Tickets on the door £8

Rotas - AV, Reader, Intercessions, Flowers

Beulah URC

Family Film Shows

Family favourites on the big screen

Suitable for all ages*



Saturday afternoons 3.00pm

15th November

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*

Date	AV	Reader	Intercessions	Flowers	Arranger
November					
2nd	Andy Wales	Mark Stephens	Geraint Richards	Eleanor Mills	Arlene
9th	Nigel Barwise	Eleri John	Janet McCormack	Barbara Rhys	Marianne
16th	James Hall	Hollie Glanfield	James Hall	tba	tba
23rd	Andrew Glanfield	Elin James	Brenda Cheer	Eleri John	Marianne
30th	Ian McDowell	Roger Bidnell	Giles Ballisat	Liz Yardley-Richards	tba
December					
7th	Richard Sweetnam	Derek Evans	Diane Burton	Flower Fund	
14th	Nigel Barwise	Pat Ruddock	Marion Williams & Jenny McDowell	Flower Fund	
21st	James Hall	Cathy Wales	Ian McDowell	Flower Fund	
24th Nativity service	Richard Sweetnam			Flower Fund	
24th Christmas Eve	Andrew Glanfield			Flower Fund	
25th	Ian McDowell	Liz Kidd	Hollie & Jonathan & Eva Glanfield	Flower Fund	
28th	Richard Sweetnam	Jill Ferdinando	Richard Edwards	Flower Fund	

Harvest Supper Soup

For those of you that enjoyed the harvest supper soup, here is the recipe-

Sierra Leone Vegetable soup

1 large white onion, peeled and chopped.
3 med carrots, peeled and chopped.
1 large yellow bell pepper, seeded and chopped
1 large red bell pepper, seeded and chopped.
2 small red chilli, seeded and minced.
3 med sweet potatoes, peeled and chopped (add last when frying to stop discolouration).
Veg oil for frying.
1 tbsp rosemary.
1 tbsp ginger.
4 tbsp tomato paste.
1 can of chopped tomatoes.
1 can of cannellini beans rinsed.
1 pint veg stock.
Handful of Rice
Handful of Sunflower seeds.
Salt to taste.

In heavy bottomed soup pan fry all veg, add herbs and tomato when veg browned/soft and stir. Add veg stock and beans. Cook on hob for 1/2hr, then blend till smooth, add salt to taste. Should be thick soup. Cook a handful of boiled rice, and lightly brown the sunflower seeds in a frying pan.

Add rice and roasted sunflower seeds when serving on top of soup. Makes enough for 5 people.

This was adapted from the Christian Aid 2025 Harvest resources. Their recipe was for Peanut and Vegetable soup from Sierra Leone. If you wish to try this replace beans with 3/4 cup of Peanut Butter and sunflower seeds with peanuts.

Beulah Church Family Christmas Meal at Whitchurch Golf Club 7.00pm, Friday, 12th December 2025



It's that time again when we start making plans for the annual 'bash' at the golf club. There is a poster in the Church vestibule/porch, with details of the meal, and a list for you to sign up for the Christmas Meal. The cost of your meal will be **£29 per head**.

The list will be in the church porch until **Sunday 30th November**, but please add your name, and your meal choices, as soon as you can, to ensure your place. If you would like to come, but are unable to get to church to fill in your name on the sheet, please contact Ann or Colin Grimes, no later than Tuesday 2nd December. We're sure we'll be able to 'squeeze' you in!

Phone Colin and Ann, and if there's no answer, leave your name and number and we'll get back to you.

ELDERS' DUTY ROSTER

NOVEMBER - DECEMBER 2025					
	Elder on duty & Stewards (S)	Vestry prayer	Communion		
			Minister's right	Minister's left	Preparation
			(P = Prayer)		
2nd November	Keirsten Eales (DE)	Mary Bidnell	Ian McDowell	Secretary	Ian McDowell
	Giles Ballisat (S)		Marianne Barwise	Geraint Richards (P)	
	Gaynor Rees (S)		Jenny McDowell	Barbara Rhys	
9th November	Geraint Richards (DE)	Arlene Ramasut			
	Mary Edwards (S)				
	Gaynor Rees (S)				
16th November	Kate Hampson (DE)	Jonathan Grimes			
	Audrey Budding (S)				
	Eleri John (S)				
23rd November	Kate Hampson (DE)	Ian McDowell			
	Mike Warsop (S)				
	Tony Webb (S)				
30th November	Nigel Barwise (DE)	Kate Hampson			
	Tony Webb (S)				
	Richard Sweetnam (S)				
7th December	Jonathan Grimes DE	Gaynor Rees	Kiersten Eales	Secretary	Kiersten Eales
	Cathy Wales(S)		Geraint Richards	Marion Williams	
	Fleur Richards (S)		Mary Bidnell	Mark Stephens (P)	
14th December	Colin Grimes (DE)	Kate Hampson			
Morning Service	Ann Grimes (S)				
	Viv Morgan (S)				
14th December 6pm	Anne James	N/A			
Light for our Loss	Barbara Rhys				
21st December	Colin Grimes DE	Mary Bidnell			
Morning service	Giles Ballisat (S)				
	Gaynor Rees (S)				
21st December 6pm	Geraint Richards DE	N/A			
Carol Service	Naomi Williams (S)				
	Denise Dickman (S)				
24th December 5pm	Junior Church				
Nativity service					
24th December 11.15pm	Andrew Glanfield (DE)	N/A	Andrew Glanfield	Bev Hampson	
Christmas Eve	Johnathan Glanfield (S)				
25th December	Marion Williams (DE)	N/A			
	Mary Edwards (S)				
	Barbara Clift (S)				
28th December	Kate Hampson (DE)	Ian McDowell			
	Audrey Budding (S)				
	Helen Harries (S)				

Editors' Note

The **deadline** for articles to be included in the **December 2025 / January 2026** edition of Crossroads is **Sunday 23rd November**.

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**



CARE OF THE ORGAN

The following are a few things we would like to draw to your attention in relation to the care of the new organ.

- The organ will be kept locked when not in use.
- For Elders on duty please contact Anne James, the Church Secretary, who will be able to tell you where the key is located.
- If you wish to play the organ, could you please contact John Cheer.
- If you are an inexperienced organist but would like an opportunity to play the organ, please contact John Cheer in the first instance.
- We would ask that you do not put any food or drink on the organ itself nor on the organ bench, nor use them as resting places for other items, eg hymn books, technical items or anything that might scratch or damage them.

Thank you.

CHURCH TREASURER

As many of you know, I submitted my 'official' resignation in January this year, having put Elders and others on warning some months beforehand. It is now becoming quite urgent that I find a replacement.

We have now employed a part-time Finance Clerk whose main task is to provide administrative support to the Church Treasurer to ensure the day to day running of all aspects of income and expenditure as directed by the Treasurer. This will make the job more manageable and I have set out below the main duties that remain.

TREASURER'S DUTIES

Weekly/On-going

- Authorising any day to day payments.
- Overseeing bank and deposit accounts and authorising the transfer of monies as required.
- Authorising direct debit and standing orders as required.
- Preparing Agenda and Papers for, and attending, Finance Committee Meetings.
- Producing reports as required for Elders' and Church Meetings.
- Attending other occasional meetings, as required.
- Encouraging members/friends to give their committed offerings via Standing Order and to enlist for Gift Aid where appropriate.

Annually

- Preparing an annual budget for approval by Finance Committee and Church Meeting.
- Preparing financial material for annual accounts, with the Finance Clerk, and liaising with our Independent Examiners.
- Preparing and submitting an Annual Return to the Charity Commission.
- Organising annual insurance cover for the Church, Canolfan and Manse and liaising with insurance brokers.

I would be grateful if you could please give prayerful thought as to whether you might be able to take on this role.

If you might be interested, or just want more information, please don't hesitate to come and talk to me, or contact me by email or by phone: contact information is in the Church Directory.

Thank you.

Barbara

Beulah United Reformed Church

November 2025

All welcome

Sunday 2 November	10.30am	Worship: Rev Martha McInnes / Rev David Dean Junior Church
	6.00pm	BWise
Sunday 9 November	10.30am	Worship: Rev Martha McInnes / Rev David Dean
Tuesday 11 November	7.30pm	Theology on Tap, Deri Inn
Saturday 15 November	3.00pm	Family Film, Canolfan
Sunday 16 November	10.30am	Worship: Revd Gethin Rhys Junior Church
Sunday 23 November	10.30am	Rev Martha McInnes / Rev David Dean Junior Church
	5.45pm	Towards the End of the Day Service, Canolfan
Sunday 30 November	10.30am	Worship: Andrew Glanfield Junior Church
	12.30pm	Community Lunch

Regular Weekly Activities

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

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