





(Continued from page 2)

particularly in Europe and recognised as a serious rheumatic autoimmune disease with serious involvement of all major organs. The overwhelming fatigue and pain is still not curable other than by rest and pacing, which is why I have had to step down. To all sufferers of hidden and not hidden diseases, you can be seen and you can be supported. As an inclusive church Beulah can make this happen.

Every Blessing,  
Anne

## 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. Long life milk, fruit juice, tins of tomatoes, tins of tuna and packets of dried spaghetti are welcome.  
Thank you.

*Jenny*

## Thank you Beulah family

I had a lovely 90<sup>th</sup> birthday. The words on your card wished me lots of laughter and happiness and, yes, I had plenty of that, also sunshine all day long.

Andy arrived with lovely flowers from you all also a card signed by everyone, reading that brought many tears.

Thank you so much for your love and support.

Many blessings,

Margaret Clee

## Lunchtime recital

Wednesday 24th June 1pm

This time last year, as the final concert of our series, we introduced a young violinist called Sage to you, before he went off to music college. This concert was so well received that Nicola suggested it could become an annual event. Music is alive and well in most Welsh schools, no one more so than Cardiff High School under the inspiring leadership of David Leggett and we are delighted that the Beulah concert series can welcome young musicians and singers, giving them a vitally important performing experience. Do come and support these musicians of tomorrow.

Tickets £8 on the door.

Next concert 30th

September at 1 pm.

Watch this space!

## Letter from the Manse

(Continued from Front page)

their heads — in effect no permanent home.

But as Bass suggests, there is good news to counter this narrative of searching for home — for our home is in God. Augustine wrote that our hearts are restless until we rest in God. Maybe the longing for home reflects that desire to find our place of peace with God.

So as we travel over the next few months, as we return to our homes, may we also find our peace in God, our place in the community of faith.

### *A Blessing for the Traveller*

May you find joy on our journey, in conversation with friends, in drinking coffee in far flung places, in new vistas and on well-worn paths. May you see God around you, knowing the world and its people are God's.

And when you put the key in the door of your house, set your case down inside your home, may you feel peace in the place and in God's presence with you.

### *A Blessing for the One at Home*

May you find joy in the rest of a home, a place that holds laughter and tears.

When you walk through the door, may your home welcome that feels like a gentle hug.

May your home offer welcome to those who visit. As you share your home with others, may they find the warmth of love and friendship.

In God's love,

Martha and David

Helping churches to care for creation together

**ECO**  **CHURCH**

AN A ROCHA UK PROJECT

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

## Eco-fair and plant swap

**June 06, 2026 11am - 3pm**

Radyr Methodist Church

corner of Heol Isaf and Windsor road, Cardiff, CF15 8BP



Plant swap & “give what you like” sales

*Garlic Meadow goats' cheeses, wool and soaps*

*Local Elsinore honey*

*NoWasteLiving household and bathroom refills*

*Bethlehem Fair Trade Artisan crafts*

*Zaytoun Palestinian Fairtrade goods*

*Cardiff Eco churches challenge*

*Children's craft activity*

Refreshments - Call in for a cuppa, cake and a chat.

Learn about our journey so far as an Ecochurch

Disabled access and toilet

*\*\* “Pilgrims” walking from Llandaff cathedral to Radyr on the Penrhys*

*Pilgrimage route very welcome - turn right at the end of your walk*

*- we're on the left at the bottom of Windsor road\*\**

Advance notice

## Pedal Power fundraising event in August - you can join in!

On Monday 17th August, Pedal Power are taking over the Maindy velodrome for 12 hours. Teams of riders will be on the track for an hour each as a relay, essentially nonstop from 6am to 6pm.

We want everyone to feel included. There will be speedy club riders in their team kit, but also trikes, tandems, and 'ordinary cyclists' - whatever that means.

The aim is to have fun, raise the profile of the only inclusive cycling charity in south Wales, and to secure its future as it celebrates 30 years this year.

Please put the date in your diary and if you feel you'd like to take part for an hour, do let me know. There will be 'open' teams as well as those entered by clubs, etc.

Or just come and cheer us on - attendance for all 12 hours is not required!

This link provides more details-  
<https://friendsofpedalpowerproject.enthuse.com/cf/12hoursforpedalpower>

Thanks, *Pat Ruddock*

Beulah URC

# Family Film Shows

Family favourites on the big screen  
Suitable for all ages\*



**Saturday afternoons 3.00pm**

**20<sup>th</sup> June**

**Canolfan Beulah, Rhiwbina Village**

**FREE of charge**

Interval ice cream No booking required

Call or text 07891 707039 for enquiries or further details

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



**12 Hours For Pedal Power**

## KIN REPORT

KIN - (Beulah Charity Fundraising Team) Update June 2026.

The Beulah response to Christian Aid week, including the envelope distribution, retiring collection and Big Brekkie have raised over £1000 this year. A very big thank you to all who helped with the fund raising effort and / or donated.

Our Good Friday Lunch raised £324.82 for Christian Aid, this will be added to the money we have raised during Christian Aid week. The Easter Raffle and Alms Bowls raised £620 for the Ripple Effect. And the Easter Breakfast raised £300 for The Samaritans, a big thank you to Richard Sweetnam and his helpers for the lovely breakfast.

By the time this is circulated John Cheer will have completed his Beulah Organ Recital. We are very grateful to him for celebrating the new

church organ in such a beautiful way and for introducing us to a new Charity - Making Music, Changing lives, who encourage access to all to the joy of making music and owning instruments.

In my last KIN article I asked you all to think around fund raising ideas for KIN. I will be setting a date shortly for a KIN meeting to develop plans for the second half of the year. We really need to find some new ways of reaching out into the community to bolster our funds and enable us to support the charities and causes, all struggling to provide support in these challenging times. Please speak to Marianne Barwise if you have Ideas around ways to fundraise or would like to join us to plan events at the next KIN meet. New ideas and helpers are much needed to keep Beulah fundraising legacy thriving. All are welcome to the meeting, it would be lovely to see some new faces. Watch out for the meeting date in the notices.

## 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.



## Editors' Note

The **deadline** for articles to be included in the **July 2026** edition of **Crossroads** is **Sunday 21<sup>st</sup> June**.

Contributions should be sent to Colin, 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)





Space4U Cardiff  
Trinity Centre  
Four Elms Road  
Cardiff CF24 1LE

3 April 2026

Nigel Barwise  
Treasurer  
Beulah United Reformed Church

Dear Nigel

Our thanks to all at Beulah URC for your generous donation of £1,000 to Space4U.

We are pleased to be able to tell you that our move back to Trinity Centre has gone well. The new layout at the building has allowed us to try new ways of setting up: in one part of the building we have relaxing activities, such as art, backgammon and space to chat; in another area we have more lively activities such as pool and table tennis, together with our popular dominoes group. As well as these activities, the new kitchen and serving area has given our hot meal and coffee bar volunteers an opportunity to work together more closely to provide a warm welcome for all who come. Our English classes are working well in this new space and our teachers are able to use new audio-visual equipment to support learning. Our Food Store has vastly improved storage and space to work with clients and there are also small consulting rooms that our Help & Information volunteers can use to see clients in private. As many of you know, we are fortunate to have a great team of volunteers at the drop-in who have worked hard to make the move a success. And most important of all, our service users like the new building and are settling in happily in our new home.

It was a little sad for all those involved in our drop-in service to leave St German's, which has been our temporary home for two and half years. But we are pleased to be able to continue our links here with the Church Hall providing a long-term home for our Clothes Store. The ample storage and convenient access at St German's is a major part of running the service at a large scale. Our clothing volunteers do a fantastic job of collecting and sorting a huge volume of donations and of helping those who come to find the items that they need.

Your recent donation will make a big difference to the long-term provision of all our activities and services for the community of asylum seekers and refugees in Cardiff. Thank you again for the ongoing support that you have given to the community at Space4U over many years.

With best wishes,

A handwritten signature in black ink that reads "Lynne Thomas".

Lynne Thomas  
Treasurer, on behalf of Space4U

Registered Charity Number 1158327

Contact us via our website: [www.space4ucardiff.co.uk](http://www.space4ucardiff.co.uk) or email: [cardiffspace4u@outlook.com](mailto:cardiffspace4u@outlook.com)

## ***ELDERS' DUTY ROSTER***

<b>Elders and Stewards Rota, June and July 2026</b>					
	<b>Elder on duty &amp; Stewards (S)</b>	<b>Vestry prayer</b>	<b>Communion</b>		
			<b>Minister's right</b>	<b>Minister's left</b>	<b>Preparation</b>
				(P = Prayer)	
<b>7th June</b>	Marianne Barwise (DE)	Nigel Barwise	Jenny McDowell	Secretary	Jenny McDowell
<b>Communion</b>	Eleri John (S) Hollie Thomas (S)		Louise Morgan (P)	Marion Williams	
<b>14th June</b>	Mary Bidnell (DE) Audrey Budding (S) Liz McCarthy (S)	Arlene Ramasut			
<b>21st June</b>	Kate Hampson (DE) Mary Edwards (S) Barbara Clift (S)	Bev Hampson			
<b>28th June</b>	Marion Williams (DE) Giles Ballisat (S) Fleur Richards (S)	Johnathan Grimes			
<b>5th July</b>	Mark Stephens (DE)	Ian McDowell	Andy Wales (P)	Secretary	Marianne Barwise
<b>Communion</b>	Fleur Richards Naomi Williams (S)		Marianne Barwise	Mark Stephens	
<b>12th July</b>	Andrew Glanfield Kaye Mundy (S) Naomi Williams (S)	Marion Williams			
<b>19th July</b>	Bev Hampson (DE) Viv Morgan (DE) Helen Harries (DE)	Kate Hampson			
<b>26th July</b>	Colin Grimes (DE) Tony Webb (S) Kaye Mundy (S)	Mary Bidnell			

### **AV, Reader, Intercessions, Flower Rotas**

Date	AV	Reader	Intercessions	Flowers	Arranger
<b>June</b>					
7th	Andy Wales	Ruth Williams	Arlene Ramasut	Mary Edwards	Marianne
14th	James Hall	Norman Henderson	James Hall	Thelma	Karen
21st	Andrew Glanfield	Geraint Richards	Roger Bidnell	Arlene Ramasut	Arlene
28th	Ian McDowell	Jenny McDowell	Pastorate Service	Karen	Karen
<b>July</b>					
5th	Richard Sweetnam	Mark Stephens	Louise Morgan	tba	Marianne
12th	Nigel Barwise	Eleri John	Bev Hampson	Viv & Harley	Viv
19th	Andy Wales	Hollie Glanfield	Duncan Pugh	Kaye Mundy	tba
26th	James Hall	Elin James	Vicki Grimes	Barbara Rhys	Karen

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

## What's On in our Pastorate

*This news page is where we celebrate everything that is happening in the churches of the URC Cardiff and Penarth Pastorate. Everyone is always welcome at any of the churches at any time but here we share information of events and services which may be of particular interest.*

### **Sunday 28<sup>th</sup> June: Pastorate Worship in Beulah at 10.30am**

An opportunity to join together as a pastorate for worship, connection and fellowship. There will also be activities for children and young people. There is reasonable on-street parking close-by; numbers 21 and 23 buses stop within a couple of minutes' walk and Rhiwbina station is just across the road. Please let us know of any special requirements by contacting: [secretary@beulahurc.org.uk](mailto:secretary@beulahurc.org.uk)

On the 4<sup>th</sup> Sunday of every month, at 12.00, Beulah hosts a community meal which is enjoyed by members of the congregation along with people from our wider community. If any of our pastorate friends would like to share this meal on the 28th, you would be very welcome; there will be an opportunity to 'sign-up' in your own church beforehand.

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### **At Canton Uniting Church (Theobald Rd, Canton CF5 1QL)**

FUNDRAISING for Building Development/Community Garden Fund:

Sunday 14<sup>th</sup> June, 12.30 to 4pm: Table Top Games event, organised by Canton's Teens Group to support the Buildings Development Fund.

It will start with a Bring and Share lunch at around 12.30pm and will continue with Table Top Games planned to finish at 4pm. The event is to raise funds and awareness for our project for new build and community garden. All welcome.

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### **At Parkminster (Minster Road, Cardiff CF23 5AS)**

**Worship on 7<sup>th</sup> June** will be led by either Christine Clarke or Rev Des Kitto (from St. Andrews) and on **21<sup>st</sup> June** by David or Martha with tea and coffee after.

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### **At Beulah (Beulah Road, Rhiwbina CF14 6LT)**

**Sunday 7<sup>th</sup> June:** TED (Towards the End of the Day) services. These services are held most months in Canolfan Beulah. They are led by John and Brenda Cheer and are 'a simple service with 'music, words and a little space for reflection'. We are invited to gather at 5.45 for tea & cake ahead of the service at 6.00.

**Tuesday 9<sup>th</sup> June at 7.30pm:** Theology on Tap in the Deri

**Saturday 20<sup>th</sup> June 3pm:** Family Film Show in Canolfan Beulah

Family favourites on the big screen, suitable for all ages.

FREE of charge, Interval ice cream provided. No booking required. Call or text 07891 707039 for enquiries or further detail.

**Wednesday 24<sup>th</sup> June at 1pm:** Concert at the Crossroads:

Young Artist Recital featuring Students from Cardiff High School

Our second Young Artist Recital will be given by the talented students from Cardiff High School, organised by their fantastic Head of Music, David Leggett. Our final recital of the summer promises to be a fun-filled and exciting programme of instrumental and vocal music. This is one not to be missed.

**Wednesday 24<sup>th</sup> June at 6.30pm:** Bible Study in the Whittaker Lounge. David and Martha are leading us in an exploration of Matthew's gospel.

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## Beulah United Reformed Church

June 2026

All welcome

<b>Sunday 7 June</b>	10.30am	Revd Martha McInnes/Revd David Dean – Communion Junior Church
	5.45pm	Towards the End of the Day
	7.15pm	BWise
<b>Tuesday 9 June</b>	7.30pm	Theology on Tap, Deri Inn
<b>Sunday 14 June</b>	10.30am	Worship – Dr Andrew Glanfield Junior Church
<b>Saturday 20 June</b>	3.00pm	Family film – Canolfan
<b>Sunday 21 June</b>	10.30am	Worship Mr Geraint Richards Junior Church
<b>Weds 24 June</b>	6.30pm	Bible Study in the Whittaker Lounge.
<b>Saturday 27 June</b>		<b>RHIWBINA SUMMER FESTIVAL</b>
<b>Sunday 28 June</b>	10.30pm	<b>Pastorate Worship in Beulah</b> Junior Church
	12.00 noon	Community Lunch - Canolfan

### Regular Weekly Activities

<b>Sundays</b>	7.15 – 9.00pm (termtime)	<b>Youth Fellowship</b>
<b>Mondays</b>	9.30 – 12.00 (termtime) 2.00 – 3.00pm	<b>Miss Tilleys Community Café</b> <b>Women's Fellowship</b>
<b>Tuesdays</b>	9.30 – 12.00 (termtime) 9.30 – 11.00 (termtime)	<b>Miss Tilleys Community Café</b> <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>