



Part of the United Reformed Church Cardiff and Penarth Pastorate

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CHURCH AND FAMILY NEWS

Church News

The ancient Greek philosopher Heraclitus famously said that 'you cannot step in the same river twice, for it's not the same river and he's not the same man'. This leads us to another well-used phrase from Heraclitus 'The only thing that is constant is change'. There are some times in our lives, and the life of our church when change seems to be all around us. In recent weeks we have said 'Thank You', but hopefully not 'Good-Bye', to Chris Wilkes and Gavin Williams as they finish their roles in premises management and caretaking respectively.

I'm sure we are all looking forward to celebrating with Barbara Rhys her many years as Church Treasurer on 19th July. Last, but by no means least, a huge 'Thank You' on this page must go to Anne James who reluctantly finished as church secretary last month. Thank You is not enough to express our gratitude for all that Anne gave in time, talents and of herself to take the secretary role forward. I feel very well prepared and supported as I take my first steps.

June has not been all about looking back and Good-Byes. On 31st May (almost June!), we enjoyed an organ recital given by John Cheer to

celebrate the new digital organ. The whole of the cost of the replacement organ was covered by many and various generous donations from members and friends. Amongst these were some donations in memory of loved ones: Elaine Edwards, Marg Jones, Huw Morgan and John Rhys. There was an impressive programme which enabled us to appreciate the organ at its best and to look forward to many more years of high quality organ music in Beulah. The recital was followed by Brenda's famous Tea and Cakes and a retiring collection raised money for 'Making Music, Changing Lives' which is a music education charity in Cardiff, providing musical instruments, low-cost tuition and opportunities to play chamber music, and in an orchestra to the children and young people of Ely and Caerau.

The following weekend, the tea and cakes were back as part of the Joy of Learning 5th Birthday Party. This turned out to be the best way to spend a drizzly Cardiff summer afternoon with a bouncy castle and many games including hook-a-duck, moving sweets with chop-sticks, play your cards right and, what turned out to be my hidden talent - guiding

a toilet roll around cones with a broom! The serious side to this was that children in Uganda must take many things to school with them, including brooms and toilet rolls; if they don't take them, they are sent back home. We were joined later on Zoom by Emily in Uganda and various friends from around this country and worldwide.

By the time you read this, we will have joined in the fun at Rhiwbina Festival and shared in worship with our friends from around the Pastorate. This Pastorate service is one of 3 which have been planned for this year. The first was on Palm Sunday in City URC and the third will be in Canton Uniting Church on 29th November - the first Sunday in Advent. I find there is great joy when we meet together as a pastorate group and, personally, I am always pleased to re-unite with friends, many of whom we first met over Zoom during the pandemic.

As the summer holidays are fast approaching, I hope that we will all have time to experience change; whether that be a change of pace, a change of location or a change of activities.

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CONTACT

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Letter from the Manse

(Continued from Front page)

gested that sabbath is an act of resistance to a culture that has made all aspects of life commodities - things to be used, to be bought or sold. He suggests sabbath is also a sign of resistance to a call to instant gratification. It is a commitment to slow down and recognise the presence of God in our midst.

Perhaps, we need to think about what sabbath looks like for us. We have known churches which have paused their busyness in order to create a resting and reflection space, especially churches in a transition of leadership or programming. We guess that most people recognise a need for a period of rest to clear the clutter from their minds and refocus. That could be a day at the beach or a week on holiday in the Highlands. We remember that even God rested after all the work of creation.

As we enter the holidaying season, we hope all of us can all find a bit of sabbath. May the blessing of sabbath - holidays, rest, vacation, time off - give you the energy to return to the work to which God has called you.

Peace,
Martha and David

CHURCH AND FAMILY NEWS

(Continued from page 2)

Family News

For anyone who is waiting for exam results this summer, try to take this time to recharge your batteries ready to embrace new opportunities.

As a church family, it is good to share in happy times and to support each other through life's challenges. If you would like to share any news via these church notes, please do let me know; this part of Crossroads is not shared in the online version, it is only circulated to members and friends of the church.

*May the love of God
be with you,
Marion*



ABBA VOYAGE

One or two people have expressed an interest in attending the above. However, all of Edwards tours are now fully booked for 2026 but they would run a bespoke trip for us if at least 20 people would like to go. This would take the form of travelling to London on the Saturday, concert in the evening and overnight stay, returning to Cardiff later on the Sunday. As there a lot of sign up lists around at the moment, it might be easier if you could please contact me. If there is enough interest I will go back to Edwards for more information and costings before we make a final decision. *Barbara Rhys*

THE HUDDLE

The Huddle will be meeting each Wednesday in July, up to and including the 15th. It will then re-commence on Weds 2nd September. However, as this is also an opportunity for friends to meet each week, we will be offering 'Coffee and Chat' (and occasional cake!) in the Whittaker Lounge each Wednesday between 11.00am and 12 noon for the remainder of July and each week in August. If you usually attend The Huddle or not there is a warm invitation for you to drop in on any of those days. *Barbara Rhys*

Celebrating Legends of Wheelchair Tennis

The following announcement appeared on the LTA – Tennis for Britain website, and in various social media platforms. Our very own Geraint Richards, has been inducted into the Hall of Fame. A great honour, and very well deserved. Congratulations.

In Eastbourne, at the end of June, the LTA – Tennis for Britain celebrated the induction of a group of special people into the World Tennis Wheelchair Hall of Champions. These players, coaches and contributors have played a central role in shaping the sport.

Wheelchair tennis could not have been built without these dedicated individuals and organisations, they are Mark Bullock, Martin McElhatton OBE, Sue Wolstenholme OBE, Stuart Wilkinson, Geraint Richards and the LTA.

Two incredible players are also inducted, they didn't just compete in wheelchair tennis — they helped shape it, define excellence, set standards, and helped turn a vision into a global sport. They are Jordanne Whiley a 13-time Grand Slam champion and Peter Norfolk OBE, winner of the first two Paralympic quad singles gold medals in 2004 and 2008, and of 22 other major titles.



Geraint commented in reaction to his induction:

"Someone once said that "recognition is important because it helps people feel seen, valued, connected, and motivated. It's not merely about praise; it's about acknowledging that a person's actions have had a meaningful impact on others or on the world around them".

I don't think I'll ever receive more meaningful recognition than being inducted into the World Tennis Wheelchair Hall of Champions at Eastbourne yesterday. Along with GB players, coaches, pioneers and organisations I feel very honoured and proud. Thank you to everyone who has been part of the journey and thank you to those who have let me be part of their journey. So much more to do so let's crack on."

Editors' Note

The **deadline** for articles to be included in the

September 2026

edition of **Crossroads**

is **Sunday 23rd August,**

and **Nigel** will be editing.



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

crossroads@beulahurc.org.uk

Editors:

Colin Grimes,

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Fire Safety

A big thank-you to all the stewards and elders who met with Chris Wilkes and myself to talk through the 'Red Fire Folders'. I hope you found it useful. Below is a copy of the instructions in the folder, which suggest roles for stewards and elders should the fire alarm sound.

If a fire is discovered, the alarm needs to be raised by pressing one of the manual call points (located near every exit) and a 999 call must be made to alert the fire brigade. Stewards and elders will then take up their roles as outlined below.

Marion

Steward 1:

Collect the fluorescent tabard and clipboard from the rear porch area (Heol Y Deri door).

Ask two people to hold the wooden doors open while the majority of the congregation leave. Undo the 'shoot bolts' on the external doors and open them. Leave by the exit to the left of the pulpit (to Heol-y-Deri) and lead people to the area in front of Nest and ensure nobody leaves until directed by the fire brigade.

Make a list of anybody who is reported missing (laminated paper and white board marker provided); regularly

call their names until they are found.

Steward 2:

Go to the front porch of the church (Beulah Road).

Collect the fluorescent tabard and information clipboard. Undo the 'shoot bolts' on the external doors. Encourage people from upstairs to exit at the front of the church, turn right and head to the meeting point outside Nest.

Once everyone has come down the stairs, go upstairs (**if safe to do so**) and perform a 'sweep' around the balcony to ensure that no one has been left behind. Return downstairs and let the duty elder know that upstairs has been checked (if this is not possible, liaise with them at the muster point).

Exit via the nearest exit and head to the Nest car park to liaise with Steward 1 and duty elder.

Steward 3/Duty Elder:

Make the 999 call or be sure that someone else has. Collect information clipboard and tabard from behind the pulpit.

Ensure an announcement has been made to the congregation detailing



which exits to use; if not, make the announcement.

Ask one person to hold the fire door open alongside the organ, until the majority have left (there will be a spare fluorescent tabard stored at this exit, in case other exits are not accessible due to fire).

Ask those with limited mobility to remain in their seats but encourage one person (e.g. a family member) to stay with them to help them out after the majority have left.

When everyone has left, confirm with the steward that upstairs has been checked.

If safe to do so, perform a 'sweep' downstairs, along pews, in toilets and office and through the lounge before exiting onto Heol-Y Deri.

Liaise with stewards and Fire Brigade: they will need to know immediately if there is anyone left in the building

Please Note:

No-one is expected to put themselves in danger, only undertake these tasks if it is safe to do so.

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

Elders and Stewards Rota July -Sept 2026

Please note: Communion is 4 Elders apart from certain times in Lent and Advent

	Elder on duty & Stewards (S)	Vestry prayer	Communion		
			Minister's right	Minister's left	Preparation
			(P) = Prayer		
5th July	Marion Williams (DE) Fleur Richards (S) Naomi Williams (S)	Ian McDowell	Marianne Barwise Mark Stephens	Secretary Andy Wales (P)	Marianne Barwise
12th July	Andrew Glanfield (DE) Kaye Mundy (S) Naomi Williams (S)	Marion Williams			
19th July	Bev Hampson (DE) Viv Morgan (S) Helen Harries (S)	Kate Hampson			
26th July	Colin Grimes (DE) Tony Webb (S) Kaye Mundy (S)	Mary Bidnell			
2nd August	Gaynor Rees (DE) Harley Jones (S) Viv Jones (S)	Andy Wales	Arlene Ramasut Keirsten Eales	Secretary Jonathan Grimes (P)	Arlene Ramasut
9th August	Andy Wales (DE) Liz McCarthy (S) Barbara Clift (S)	Bev Hampson			
16th August	Jonathan Grimes (DE) Ann Grimes (S) Hollie Thomas (S)	Gaynor Rees			
23rd August	Nigel Barwise (DE) Tony Webb (S) Liz McCarthy (S)	Mark Stephens			
30th August	Arlene Ramasut (DE) June Henderson (S) Norman Henderson (S)	Ian McDowell			
6th Sept	Ian McDowell (DE) Denise Dickman (S) Kaye Mundy (S)	Marion Williams	Bev Hampson Louise Morgan	Secretary Kate Hampson (P)	Bev Hampson
13th Sept	Jenny McDowell (DE) Denise Dickman (S) Audrey Budding (S)	Kate Hampson			
20th Sept	Mary Bidnell (DE) Fleur Richards (S) Barbara Clift (S)	Andy Wales			
27th Sept	Marianne Barwise (DE) Ann Grimes (S) Cathy Wales (S)	Mary Bidnell			



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.

There are places in all of our lives which we call 'thin places.'

These are those places where God seems closer to us--the boundary between heaven and earth seems close. For some people the island of Iona, off the coast of western Scotland, is one of those places. Two years ago a number of us from Cardiff travelled there for a week in May. Following that experience we were asked to plan another pilgrimage.

So there will be a trip to Iona again from 15 to 21 May 2027. The trip usually also includes a day of travel before and after the six nights on Iona. The cost for the week at Iona is £960 which includes all meals. In addition, there are transport costs and accommodation costs on the way there and back. There are a few spaces left on the trip. If you are interested or have questions, speak to Martha or David.

At Beulah (Beulah Road, Rhiwbina CF14 6LT)

Tuesday 14th July at 7.30pm:
Theology on Tap in the Deri (no ToT in August)

Wednesday 22nd July at 6.30pm: Bible Study in the Whittaker Lounge. David and Martha are leading us in an exploration of Matthew's gospel.

Sunday 26th July at 12.00pm:
Community Meal

Sunday 23rd August at 12.00pm: Community Meal

At City URC Church (Windsor Place CF10 3BZ)

In July this year City URC will be 50 years old! We plan to celebrate our formation with a year of special events and will begin with a Bring and Share lunch and cake- after church on **Sunday 12 July**. Everyone is welcome to join us for this happy celebration!

In August, Lizzie Meek (City URC) will be celebrating a Big Birthday: Happy Birthday Lizzie!



Inaugural Theology Book Club

Have you asked why God lets suffering happen? (Of course, we all have.) Well, on 27 July at 7.00pm, we are going to host a discussion at the Manse on the book, 'Why Bad Things Happen to Good People' by Harold Kushner. Come along if you are interested to be part of the discussion and reflect on how the author holds the tensions of the love, power, and knowledge of God alongside his personal experience of suffering.

Martha



ROTAS

Date	Readers	Intercessions	AV	Flowers	Arranger
July					
5th	Mark Stephens	Louise Morgan	Richard Sweetnam	Fleur & Hywel Richards	Marianne
12th	Eleri John	Bev Hampson	Nigel Barwise	Viv & Harley Jones	Viv
19th	Hollie Glanfield	Duncan Pugh	Andy Wales	Kaye Mundy	tbc
26th	Elin James	Vicki Grimes	James Hall	Barbara Rhys	Karen
August					
2nd	Roger Bidnell	Anne James	Andrew Glanfield	Natalie & Rod Samuel	tbc
9th	Derek Evans	Andy Wales	Ian McDowell	tbc	tbc
16th	Pat Ruddock	Revd David Simpson	Richard Sweetnam	Eleanor Mills	tbc
23rd	Cathy Wales	Geraint Richards	Nigel Barwise	Naomi & Martin Williams	tbc
30th	Liz Kidd	Colin Grimes	Andy Wales	tbc	Arlene
Sept					
6th	Jill Ferdinando	tbc	James Hall	Roger Martin	tbc
13th	Colin Grimes	tbc	Andrew Glanfield	Tina Taverner	tbc
20th	Louise Morgan	tbc	Ian McDowell	Thelma	tbc
27th	Liz McCarthy	tbc	Richard Sweetnam	Diane Burton	tbc

Iona

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BEULAH UNITED REFORMED CHURCH

July 2026

All are Welcome

Sunday 5 July	10.30am	Worship – Revd David Dean Junior Church
Sunday 12 July	10.30am	Worship – Revd Martha McInnes/Revd David Dean Junior Church
Tuesday 14 July	7.30pm	Theology on Tap, Deri Inn
Sunday 19 July	10.30am	Worship – Mrs. Jenny McDowell Junior Church
Monday 20 July	7.30pm	Elders Meeting
Weds 22 July	6.30pm	Bible Study in the Whittaker Lounge
Sunday 26 July	10.30am	Worship – Mr Geraint Richards Junior Church
	12.00pm	Community Meal

Regular Weekly Activities

Mondays	9.30-12.00	Miss Tilley's Community Cafe
	1.00-3.00	Women's Fellowship
Tuesdays	9.30-12.00	Miss Tilley's Community Cafe
	9.30-11.00	Beulah Tots (term time only)
Wednesdays	11.0-12.00	The Huddle
Thursdays	9.30-12.30	Cafe Dosbarth/ Whittaker Lounge Cafe
Fridays & Saturdays	10-12.30	Whittaker Lounge Café

BEULAH UNITED REFORMED CHURCH

August 2026

All are Welcome

Sunday 2 August	10.30am	Worship – Revd Martha McInnes/Revd David Dean Junior Church
Sunday 9 August	10.30am	Worship – Revd Stephen Best Junior Church
Sunday 16 August	10.30am	Worship – Revd David Simpson Junior Church
Sunday 23 August	10.30am	Worship – Mrs Bethan Trott Junior Church
	12.00pm	Community Meal
Sunday 30 August	10.30am	Worship – Mrs. Marion Williams Junior Church

Regular Weekly Activities

Mondays	9.30-12.00	Miss Tilley's Community Cafe (closed 17, 24 & 31)
	1.00-3.00	Women's Fellowship
Tuesdays	9.30-12.00	Miss Tilley's Community Café (closed 18 & 25)
Wednesdays	11.00-12.00	The Huddle (summertime coffee & chat)
Thursdays	10.00-12.30	Whittaker Lounge Cafe
Fridays & Saturdays	10.00-12.30	Whittaker Lounge Café