



Flowing streams, bringing life

BEULAH CROSSROADS

**April
2020**



The
monthly newsletter of
Beulah URC

Joining Beulah in 2015 was a great personal spiritual uplift. After years of irregular attendance at different churches I felt that I needed an anchor; a place I could fit in to extend my faith. Being a non-conformist, I was being pulled back to Congregational roots; in my early years I attended Roath Park Congregational church. Beulah seemed an obvious choice I had somehow overlooked. The well-established congregation welcomed me. I experienced Acceptance, such an important experience.

Since those early days I have built a warm relationship with the family of Beulah, more recently becoming a church member. Finding such acceptance has made me reflect on social interaction generally where people of different cultures, religions and races are mixing more and more. We all have to learn to live together in harmony to maintain peace; we are all God's children who have to promote love as our Lord has taught us with: 'love thy neighbour'.

As Romans 15, v7 says:
Accept one another; then, just as Christ accepted you, in order to bring praise to God.

To gain personal peace and understanding, Acceptance also means adjusting to change.

Some changes we will like, others we won't but we must. Go with the flow'. Resisting change can cause much unhappiness. For instance, a disability can initially be difficult to accept. The onset of my Macular Degeneration in 2009 was frightening thinking that I could lose central vision which affects reading as well as writing. Careful, regular hospital treatment, a challenge in its self because of injections directly into the eye, has retained much of my sight. Accepting the condition and the treatment has made life good again. Dale Carnegie in his book: 'How to stop worrying and start living' states:

'It is astonishing how quickly we can accept almost any situation - if we have to - and adjust ourselves to it and forget about it'. A prayer I use to settle my mind is:

*Dear Lord,
please give me the serenity
to accept the things I cannot
change,
the courage to change the
things I can,
and the wisdom to know the
difference.*

Roger L. Martin

CHURCH NOTES

Well, where to start. This is certainly not what I or you were expecting a month ago? We had the deadline for nominations of Pastoral Elders, letters were sent and we now have 6 out of the 7 Pastoral Elders required. Thank you to them particularly as now is the time for Community support.

Lent started with an Ash Wednesday joint communion service at All Saints Church. Then lots of flooding everywhere - we thought we might have to hold the Sunday service in the Canolfan instead of in Church - imagine that. I certainly didn't think that services would be cancelled due to social distancing and self isolation.

I attended the Synod Meeting in Llandrindod Wells. The main focus was on Safeguarding and information about the new updated policy, Good Practice 5. Stories were also shared by a few churches how they are applying for Eco church awards.

Our Lent Services were around the theme of 'Called to be' So far we have been Co-Creators, Curious and Troublesome. Graffiti Jesus has also made a welcome return to the Canolfan thanks

to Jo Jones. I'm looking forward to see what further changes emerge.

The Pastorate Lent discussion focused on a painting of Jesus overturning the tables of the moneylenders in the temple. It is always interesting to see different interpretations. Jesus was angry and troublesome.

As you can imagine there have been many e-mails, and a Pastorate meeting (at a distance) last week to plan how we might go about worship and support each other should we close. Martha, David, Derek, Andrew and I were able to connect by Skype (other Apps are available) and will continue to use this to plan for the next weeks ahead.

You will have had some correspondence about our plans for Church Life Elders and Pastoral Elders to start now. Once we are able to meet again in Church we can have a church meeting to discuss further.

It is good to see more people using Beulah Friends and Beulah URC Facebook to communicate and we also want to ensure everyone has the opportunity to connect there. Included in Crossroads is also a form indicating how we could help you and what help you are able to offer to others. (see p.8). I would

encourage you to look at the options on this list: if there is something on it that you need help with, or can offer help for, please let your elder know, who will forward it to Helen White.

Thank you to everyone who is helping, from delivering flowers, phoning to chat, buying shopping, and of course preparing new ways to worship together.

*Look after yourselves,
stay safe*

Anne

Holy Week

During Holy Week, we will have sound files available on the web site for the Monday, Tuesday, and Wednesday.

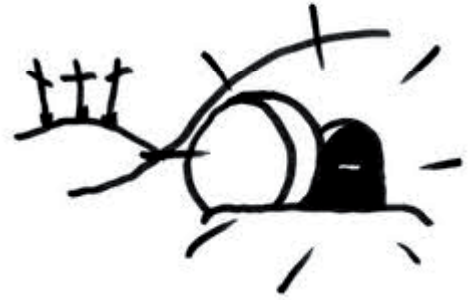
On Thursday and

Friday there will be a Facebook live event on Beulah URC. You can watch it live on the site or play it back later.

On Thursday we invite you to have some bread and (small) glass of wine to share communion together.

“See you then.”

Martha and David



Please don't forget that, although Beulah's buildings remain closed, our ministers, secretary, and elders are working hard to keep in touch via the Beulah website.....

<http://www.beulahurc.org.uk/>

and also through our Facebook pages.

<https://www.facebook.com/BeulahURC>

Directory 2020

Distribution of this will unfortunately be delayed until safer times return in order not to expose our Pastoral Elders and Helpers to any additional risk in delivering them. If you need to contact anyone and you don't have their details, please get in touch with Louise who has the up to date list of what information people are happy to share.

Louise



Thank you for all the cards, flowers and the generous Millenium Gift Voucher you gave me for my Special Birthday.

I enjoyed the 36 years I spent with the Ministry of Flowers and Pastoral Visiting and am pleased that Karen and her team are doing such a wonderful job week in and out. We are fortunate to have all this talent in Beulah.

Thank you again with love from Heather B.

KIN History

I was asked to include some information about the history of KIN - so people would know where the name originated from and its values. Marg Jones kindly volunteered to do this for me - many thanks.

The Beginning of KIN

Around 1960 Mrs. Oldfield Davies, a member of Beulah, spoke to the whole church about "Welsh Friends of a World in Need", an organisation which helped refugees in Europe after the war. John Rhys was its secretary. She suggested that Beulah might like to help. This was agreed so Kindred in

Need (KIN) was formed.

Since then a tremendous amount of money has been raised in response to many needs.

It was suggested that we adopt a refugee family - mother (Helene) and her daughter (Waltraud who was 8yrs old) which we did. Money we sent them helped them to buy all sorts of needs, including a wardrobe they called Beulah!

In 1963 Beulah brought them over to stay for a month. We tried to learn a bit of German, but in the end they spoke German, we spoke English and used a dictionary to help out. It worked very well!

Many members entertained them. After the visit we helped them until they got onto their feet. Some years later Helene married Jacob who had lost his leg during the war. Waltraud grew up and married Rudi and they had a son called Thomas. He grew up and married Daniela and they now have a little daughter called Nina - so Waltraud is now a grandmother! We still hear from them at Christmas.

A little bit of help at the right time made a lot of difference!

KIN has since helped many in many ways.

Crossroads is a welcome treat - as you surely know,
For when I was an Elder, everyone then told me so.
And now that we are all at home and may be feeling
down,
Remember all of Beulah's clan and share your prayers
around.

For Jesus loved us all you know,
And He is there to call,
In sun and birds and many flowers,
His welcome arms for all.

So stay in touch with our dear Lord,
Through prayer and love and care,
We will pull through this trying time
Remember He is there.

Viv

Church Secretary:

Mrs Anne Wilkes

Tel: 07855640634

email:

secretary@beulahurc.org.uk

Church Treasurer:

Mrs Barbara Rhys,

Tel: 07707030787



Ministers in the Pastorate:

Rev. Martha McInnes

Rev. David Dean

Email: ministers@beulahurc.org.uk

Musings from the Manse

Dear Friends,

April 2020

We have become news junkies. If we are not busy, we are watching the news channels to see what the latest information is in relation to Covid 19. Not particularly healthy you might say, but it is our current practice.

As we watch, we also read articles about the pandemic. There is so much to take in, to process, to try to make sense of what the news, the conditions of our world, mean for us today and mean for us tomorrow. We can only process the information in small bits. We cannot imagine being locked in for two weeks much less 12 weeks.

But here we are. Life is filled with questions and uncertainty. Some of us have family members who are ill. Many of us have family members here and around the UK and the world whom we cannot see. We wonder when or if we will be the next to develop some symptoms. We are trying to avoid fearful thoughts that can overwhelm us. What can two ordinary ministers say in such unprecedented circumstances? This is not the last word by any means, but some reflections in this time of crisis.

Remember who you are.

Firstly, you are a beloved child of God. Whatever happens in the days and weeks ahead, you are not alone. God is with you. God loves you. "The Lord is our shepherd" who is with us in this valley of deepest darkness. (Another option for the translation of the Hebrew which we usually translate as "the valley of the shadow of death".)

Remember who we are. Secondly, you are a follower of Jesus. Jesus lived in a world that was dominated by an unjust political system. He encountered people who lived in isolation because of their illnesses. He found ways to feed people who were hungry and had limited resources. We are followers of Jesus Christ. Fear is not our motivator. Love is our motivator. We are not asking anyone to put themselves at risk, but we are asking that we all show love to those around us. Can we look out for neighbours in need? Can we ask for help from the church where there are people prepared to shop for us and help in other ways? Find ways to act in a loving manner in keeping with the teachings of Jesus. We are coordinating a list of people who can help those who need shopping or other jobs done. If you want to help or need help, someone in your church can put you in touch with Shelagh Pollard who is coordinating this list.

Remember who we are. Thirdly, love is our guide. Pause in the midst of this craziness, pray, allow Love to envelope you, pushing the fear aside. Take a deep breath, remember the community of faith that embodies God's love for you. We are still here for each other. Ring someone. Text someone. Write someone a letter. Find a way to connect safely. Share the love. If you want to talk to someone for any reason, you are welcome to contact us:

**Manse landline;
029 2132 4107**

Finally, remember—despite the physical distance we are connected as brothers and sisters in Christ. We pray, we love, we put one foot in front of the other, getting through today, trusting God for tomorrow. "Church" is more than the building; it is the connection we still share in Christ.

Our family of faith gives us these words in times of crisis: "Guide me, O Thou Great Jehovah, pilgrims through this barren land. I am weak but Thou art mighty, hold me with Thy powerful hand." May God guide us and comfort us in this strange time.

Stay safe and share love.

Peace,

Martha and David

KIN at Easter

Together we care and together we share

To our dear friends in Beulah and to all those who so faithfully support our fundraising ... we send you our love, and hope you are well.

We know that even in these difficult times, and perhaps especially because of them, you will be thinking of others. Although we can't be together in person, there are ways we can fundraise together over the Easter weekend. We would like to give you various options for donating to our chosen charities.

Alms Bowl

Many of you will be following the Christian Aid Count Your Blessings actions and reflections and will have been putting money aside during Lent. We would like to invite you to keep doing this over the coming months, and we hope very much to be able to collect your donations at Harvest.

Good Friday Lunch (see Lent lunch placemat)

Our Good Friday Lunch was also to raise funds for Christian Aid.

You can donate online at caid.org.uk/lent or add your donation to your Alms Bowl.

Easter Breakfast was to fundraise for UNHCR

“Winter in a tent is hard.”

Late last year UNHCR, the UN Refugee Agency, aimed to support 3.88 million refugees and internally displaced people in Syria, Iraq, Lebanon, Jordan and Egypt to cope with the harsh winter weather ahead. Tens of thousands of Syrians who were displaced due to fighting in north-east Syria, as well as around 12,000 Syrian refugees, sought safety in Iraq where temperatures were expected to plummet. Many of the vulnerable refugee and displaced families expressed fear and dread to UNHCR ahead of what would be, for many, their ninth winter away from home, while struggling to keep their families warm amid poverty and dwindling resources.

You can donate online <https://donate.unhcr.org/gb/syria/~my-donation>

You can also donate over the phone at **0800 029 3883**

or by bank transfer at supportercare@unhcr.org

Thank you,

Eileen, Eleri and the KIN committee



Lent Lunches help raise over
£600,000 throughout Lent
and Easter every year to help
fight poverty.

Thank you so much for your
contribution!

Donate at cald.org.uk/lent

Thank you.



Grace

We long for a world
where food is
joyfully shared,
Where welcome is
abundant,
Where compassion
reaches all.
As we work towards
your kingdom,
We thank you God for
food for the journey.
Amen.

Count Your Blessings

Put your faith into action
through daily reflections and
challenges using the Count
Your Blessings calendar. Find
out more at cald.org.uk/lent

A recipe for fighting poverty

Your gift at this Lent Lunch
may seem like a small action in the
face of global hunger and poverty.

But you are helping to transform
the lives of some of the world's
most vulnerable people.

Download your Lent fundraising resources and read how your
donations are changing lives at cald.org.uk/lent

Christian Aid is a big member of ACT Alliance, Big and Bold registered charity no. 1155891. Company no. 07755553 not charity no. 5055555 Christian Aid Ireland is charity no. NC059001 Company no. 4569561 and IRI Charity no. 20055555 Company no. 2005555. The Christian Aid name and logo are trademarks of Christian Aid. © Christian Aid December 2016, 1402162

Name

District

		Yes	No	Interested	Not interested
General	Help required shopping/medicines				
	Able to shop for others				
	Able to pick up medicines for others				
	Would like phone calls to chat				
	Able to phone others to chat				
Communication	Online access				
	Beulah Friends Facebook group				
	Cardiff & Penarth Pastorate Facebook group				
	Mobile phone				
	Whats App				
	Skype/ Zoom, specify				
	e-mail/post specify preference and if happy to be included in group email				
Worship	Write a prayer				
	Record a prayer: specify audio/video				
	Write a reflection				
	Record a reflection: specify audio/video				
	Write a sermon				
	Record a sermon: specify audio/video				
	Record a bible reading: audio/video				
	Other - please specify				

If there is anything on this list that you would like help with, or can offer help for, please contact your elder, or Helen White admin@beulahurc.org.uk. Tel: 07309 748828

A note from the editors.

We are living in strange and unpredictable times, and our normal Beulah activities have halted temporarily, but we intend to produce a May edition of Crossroads, which Colin will be editing. If you would like to contribute anything, a poem, a favourite passage from the Bible or another book, a drawing, a prayer, would you please let Colin have it by Sunday 19 Apr? We would hope to have an "on-line" edition available from Sunday 26th Apr and, circumstances permitting, a limited paper edition for those unable to view on-line available a few days later. With all good wishes
Huw

Accessing worship by 'phone

There is the possibility of signing up to a company that provides access from your 'phone to acts of worship. If you would be interested in this, thinking especially of those who do not have internet access, please can you let Helen White know (or your elder, who will contact her on your behalf).
admin@beulahurc.org.uk.
Tel: 07309 748828

Information from Cardiff Council about waste collection – please remember that this may change, but was correct on March 26th.

Important waste update.

Cardiff is moving to a new, weekly, kerbside-collection which will see all household waste picked up at the same time. If there is space in your black bin you can put small amounts of garden waste in there also. *(There will be no separate garden waste collection)*

Collection days for your area will remain the same, but the way waste is handled is changing to help manage the impact of COVID-19 and ensure the wellbeing of both residents and the workforce.

Starting on Monday, March 30th, all residents who have a black wheelie bin must put their food waste and hygiene waste (nappies/medical waste etc) into the black bin for collection. Please do not use your food caddy. Collections will be on the normal day for your area.

Residents living in areas which don't have black wheelie bins must put hygiene waste (nappies/medical waste etc) in their red-striped bags for general waste. Food waste in bag areas should continue to go into your food caddy to stop animals and birds scattering food waste across streets.

Recycling collections will continue as normal and recycling bags should be put out weekly at the same time alongside other waste.

All residents, wherever you live in Cardiff, are asked to continue to recycle as normal, to rinse out their recycling and to put the correct recyclables in their green recycling bags.



The Cardiff & Penarth Pastorate

Practical help during the coronavirus pandemic

As normal life and activities are put on hold to keep us safe, we recognise that all of our congregations have vulnerable members for whom this will raise significant difficulties. As Christian communities, we want to do all that we can to help one another.

To organise this, I need your help please:

1. **If you need some practical help**, (getting shopping, picking up prescriptions, posting letters, etc.) please let me know, either directly or ask someone to contact me on your behalf.

I will need your

- name
- address (with postcode)
- phone number (preferably a mobile number)
- your permission to share these details with a trusted volunteer from your church or one of the others in the pastorate
- a brief description of the help you need.

I will then put you in touch with a volunteer who lives near to you and you can sort out details between you.

2. I am compiling a list of possible volunteers from all the churches who might be able to offer help in practical ways. I am already collecting names and I hope that the list will grow in the next couple of weeks. **If you might be able to help in this way, please let me know as soon as you can.** I will need your

- name
- mobile phone number
- postcode (I hope to match needs with a volunteer who is near)

I will assume that if you give me these details, you are happy for me to use them in contacting someone looking for help.

At this stage I've no idea how many volunteers we'll have as most folk in our congregations are over 70. Neither do I know what needs may emerge. It's therefore possible that the system will need tweaking. If you have any ideas how this might be improved, please let me know.

And just in case I fall ill, Martha will hold a copy of the list of volunteers ...

Keep safe, and be assured that your friends from all 6 churches are supporting you with their prayers and, where possible, their practical help.

Shelagh Pollard

A Smile

A smile costs nothing, but gives much;

It enriches those who receive, without making poorer those who give.

It takes but a moment, but the memory of it

Sometimes lasts for ever.

A smile creates happiness in the home, fosters good will in business

And is the countersign of friendship.

It brings rest to the weary, sunshine to the sad

And is nature's best antidote to trouble.

Yet it cannot be bought, begged, borrowed or stolen; For it is something that is of no value to anyone until it is given away.

Some people are too tired to give you a smile –

Give them one of yours, as none needs a smile

So much as he who has no more to give.

With thanks to Betty Hulston – such appropriate words for these difficult times.

Colin Grimes,

Huw Morgan,

Please note, editorial e-mail: crossroads@beulahurc.org.uk



Just in case we forget what's going on around us, even though we cannot see it at present.

(And no, I haven't been to Cefn Onn recently - they are old pictures!)

