



**April
2025**



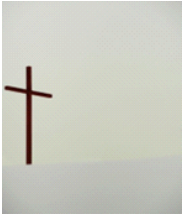
But God did something unheard of and brought Jesus to life--a tragic and traumatic event became a life-giving new way. Perhaps this is what Gladys wanted to hear. Maybe she had a terrible year, losing her husband. Maybe she was made redundant and had trouble feeding her kids or paying her mortgage. Maybe her beloved brother was imprisoned. Maybe . . . well, you can imagine some other tragic event. Or perhaps seeing the political landscape shifting, she was afraid that her work at the food bank, providing mental health support, or protesting

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Part of the United Reformed Church Cardiff and Penarth Pastorate

CHURCH AND FAMILY NEWS



As I write this, we are on our Lent journey towards Easter. We might be following the Lent studies on

alternate Wednesday evenings in Beulah and City or following our own path of prayer and reflection. It has been a difficult start to 2025 for the world, with the ongoing wars in Ukraine and in Gaza and our prayers will be with those countries in particular during Lent and Easter.

March saw us extend our outreach with the Sunday Community lunch which was well attended. We are also seeing our Family Film audience grow and become a part of local community events. Our work in the Community is such a vital part of Beulah and it is lovely when you hear people mention how much these events mean to them.

We continue to support those in need through KIN and Lent brings home to us the need to be active in our support for so many people and countries.

I find this poem about prayer by Mary Oliver, helpful at a time of reflection.

It doesn't have to be the blue iris,
it could be weeds in a vacant lot,
or a few small stones;
just pay attention,
then patch a few words together
and don't try to make them
elaborate,
this isn't a contest but the
doorway into thanks,
and a silence in which another
voice may speak.

Every Blessing for Easter,

Anne



THANK YOU

2nd March 2025

To my Friends at Beulah,
I just want to say a Very Big
Thank You for all the visits,
cards and gifts, I received
during my recent unex-
pected long stay in
hospital.

Since coming home, I have
continued to receive cards,
flowers and meals.

I thank you all for your
support and prayers.

Cynthia Davies



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

Letter from the Manse

(Continued from Front page)

at climate crisis events was in vain. She needed a glimpse of the hope in the resurrection even more that year than on previous Easters. She didn't hear it.

Perhaps she needed to hear that God is present in our tragic and traumatic events. While God doesn't stop any of them from happening, through Christ our pain is known and can be healed. God is in the midst of our lives. God does not abandon us to our own crosses. The resurrection is a powerful reminder that love overcomes the sin and brokenness of the world.

Maybe she needed a reminder that her work was important, even if she couldn't see the 'results.' The message of the resurrection was a reminder that God was working through her.

Resurrection hope could give her the drive to continue her work in the name of Christ.

We don't know what message you need to hear this Easter. Maybe it is simply this:

'This is how much God loved the world: He gave his Son, his one and only Son. And this is why: so that no one need be destroyed. . . God didn't go to all the trouble of sending his Son merely to point an accusing finger, telling the world how bad it was. He came to help, to put the world right again.' John 3.16,17 *The Message*

We hope the love expressed in Easter is a glimmer of hope for you.

Yours,
Martha and David

Elders' Nominations 2025

The process to nominate new Elders is about to begin. There are a number of vacancies this year which have been approved by the Elders' meeting and will be officially announced at the Church Meeting after the AGM on 28 April.

Please think about becoming an Elder or nominating someone (after discussion with them). It is a fulfilling role and vital to the work of Beulah.

Please feel free to discuss with any of the Elders' or with me if you want to find out more.

Beulah runs on team work and it is at the core of the many wonderful things we do, so we need to fill these roles to enable our work to continue.

Anne

Summary of Elders' Meeting of 10 March 2025

The Community Lunch has been successful but mainly attended by Beulah people. Community engagement and advertising will be developed to spread the news in the wider community. Marianne Barwise and team were thanked for their continued work on this.

Beulah Tots: We had now been very fortunate in that a mother and daughter team had come forward to take the lead with Tots. They are fully compliant with all the necessary safeguarding and both DBS checks are actioned.

The process for the nomination of new elders is underway and more information and requests

for nominations will follow in due course. Procedures and processes for this are being reviewed.

Further work is proceeding on ensuring safeguarding procedures and training are in place and to develop broader guidelines to cover WhatsApp. Training is available on line, please see the URC Wales Synod Website.

On May 10 Beulah will be holding a Mental Health Awareness Day, more details will follow on this and preparations and invites are underway.

Anne James



KIN REPORT

There will be a summary of KIN's work and fundraising during 2024 in the AGM booklet which will be published prior to the AGM itself on the 28 April, but we have some important events coming up in the next few weeks.

Easter Raffle

We have some lovely Easter hampers and there will be an opportunity for you to buy tickets on Sundays 6 and 13 April at coffee after worship. Tickets will also be on sale at the Easter Breakfast on the 20 April. All monies raised will be donated to **Shelterbox**. This is a charity that is able to get into even the remotest places in the world and provide emergency shelter for people.

Good Friday Lunch

As always, we will be sharing in a Soup and Sandwich Lunch after the service at 12 noon. This is a family meal to which all are very warmly invited. Please join us. All money raised will also be donated to **Shelterbox**.

Easter Day

The Easter Breakfast is a wonderful way to begin our Easter celebrations, and it will take place immediately after the early morning service in the Canolfan Garden. There will be a sign up list in the Church Porch nearer the time. Donations for **Christian Aid**.

There will also be an opportunity for you to donate to **Christian Aid** following the morning service on Easter Day. These donations can be made using either cash or card.

Your support for any, or all, of the above will be much appreciated.

DATES FOR YOUR DIARY

11-17 May is Christian Aid week and we will be looking for your help to deliver Christian Aid envelopes door to door locally.

Saturday 17 May we will be holding **The Big Brekkie** in the Leaver Room of the Canolfan. We hope our local MP will be able to attend along with Christian Aid representatives and others. More details in the May newsletter.

As you all know, KIN is the outreach arm of the Church and there is always an open invitation for anyone to attend KIN meetings, usually held after a morning service, and find out more about the work we are doing. You will be very welcome.

Barbara



Editors' Note



The **deadline** for articles to be included in the **May 2025** edition of **Crossroads** is **Sunday 20th April**, and **Nigel** will be editing.

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

Editors:

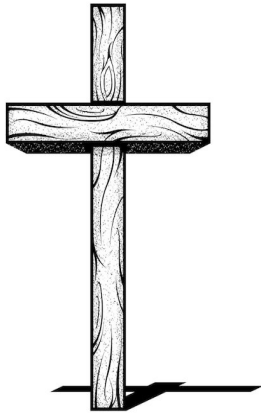
Colin Grimes,

Nigel Barwise

Email:

crossroads@beulahurc.org.uk

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



Easter at Beulah

Please come and join in any of the services during Holy Week and on Easter Sunday.

You will be most welcome!

Holy Week Prayers

A short time of prayer and reflection :

Monday 14th April 7.30pm MWLounge

Tuesday 15th April 7.30 pm MWLounge

Wednesday 16th April 7.30 pm MWLounge

Maundy Thursday 17th April at 7.30pm

A Communion Service in The Leaver Room, Canolfan Beulah

Good Friday 18th April

Walk of Witness: Bethany 9.30 a.m.; All Saints 10.30 a.m.; Beulah 11.30 a.m.

12 noon - A service in the church where our young people give their interpretation of the events of Good Friday in dramatic form.

This service will be followed by a bread and soup lunch in the Canolfan.

Easter Sunday 20th April

Early morning service in Beulah Garden—8.45 a.m.

Easter Breakfast in The Leaver Room—9.00 a.m.

Easter Morning Worship—10.30 a.m.



Helping churches to care for creation together



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



In March's Crossroads Ian gave us an update on the great work going on in the Canolfan garden and gardening plans for 2025.

An exciting new venture is to twin our garden with a garden in rural Africa through the charity, Ripple Effect.

Some of you have already kindly given money towards this when you were paying for your potato packs. If you would like to make a donation, please speak to Ian or Eileen.

Twinning the Canolfan Garden with Ripple Effect

<https://rippleeffect.org/>

On Sunday 27th April the Eco Group is leading worship, and we have invited Anne Hatton from Ripple Effect to join us in the service to talk about how community garden twinning can help families in Africa with three years training in sustainable organic farming.

Starting with small kitchen gardens, they can grow enough to eat, set up small

businesses and send their children to school.

Anne will be bringing resources with her and will join us for coffee after worship and the Community Meal, so you will have a chance to speak to her personally and find out more. You may want to twin your own garden!



Gerardo's Visit

Gerardo Tobar from Guatemala visited Beulah on 10th March and the Whittaker Lounge was packed with people ready to welcome him to the church and to Cardiff. Alongside Beulah members, there were folk from Llanfair Uniting in Penrhys and Van Road URC in Caerphilly, as well as representatives from other churches and organisations.

Gerardo is a Christian Aid Programme Manager in Guatemala – the focus of this year's Christian Aid Week. Guatemala has unpredictable rain patterns which bring both severe droughts and catastrophic floods. We heard how the climate crisis is intensifying the seasons, causing crops

to fail and plunging farming families into hunger and poverty.

Gerardo told us of Aurelia, an inspirational farmer and community leader. Many of the vital crops that she depends on are withering before her eyes. Aurelia says, "Climate change has been killing our crops, and this is our food."

Christian Aid and its partners work alongside indigenous communities to support them in diversifying their farming practices, building water recycling systems, selling their produce locally and campaigning for land rights.



Hearing at firsthand from Gerardo the stories of real people and their struggles and hopes was fascinating and inspiring. 2025 is Christian Aid's 80th anniversary.

Please keep a look out for the fundraising and campaigning we'll be doing in Beulah over the coming months.

Eileen

Remembering Christine Phelps

There is to be an exhibition and sale planned for Saturday 12th April, to celebrate Chris's love of art and her 'back catalogue' of paintings and drawings. We were unable to give her the Beulah send-off she deserved after a short battle with cancer, due to Covid, when she passed away 5 years ago. She has a huge volume of work that she created over many years, way too much for the family to keep.

So, we will have an exhibition and sale with proceeds being split between Beulah and City Hospice who were wonderful when she was diagnosed with cancer. The format will be that if someone likes and wants a piece of work there is no set prices, just make a donation into the box.

So, we will be open all day and have coffee, tea, cakes etc available too.

Exhibition will be in the Nance Leaver Room, in the Canolfan, on Saturday, 12th April 10am – 4pm.

Please let Jo Phelps (Christine's daughter-in-law) know, if you need some more detail about the event.



PREMISES - Fire matters.

"Thank You" to everyone who was involved in the Fire Drills that were recently carried out in the Canolfan & the Church, there hasn't been one for a while & the observations made will help to improve Beulah's Fire Procedures going forward. My apologies for the interruption to the Sunday Services & to anyone who felt inconvenienced, but the weather was favourable, albeit chilly on both occasions & it was a necessary, worthwhile exercise.

A pair of 'Dorguard' fire door retainers have been fitted to

the fire doors between the two ground floor foyer areas in the Canolfan, primarily to improve wheelchair access to the lift, which has occasionally proved problematic in the past.

They allow the fire doors to be held open, but will close normally if the fire alarm bells continually sound & won't compromise the fire safety of the building. I'd appreciate any comments regarding them.

Chris Wilkes

Premises Group Chair



Holy Week 2025

Holy Week meditations will take place in the Whittaker Lounge at 7.30pm on the Monday, Tuesday and Wednesday of Holy Week (14th, 15th and 16th April).

Our times of reflection will focus on eyewitness accounts from "Easter Inside Out": The story as if you were there. *By David Kitchen*

Everyone is welcome for one or all of the evenings. It would be good to have some different voices portraying the individual characters so, if you would like to read during one of the sessions, please get in touch with Fiona Liddell or Marion Williams.

ROTAS

Date	AV	Readers	Intercessions	Flowers	Arranger
April 6th	Ian McDowell	Cathy Wales	Nigel Barwise	Barbara Rhys	Marianne
13th	Richard Sweetnam	Liz Kidd	Giles Ballisat	Ann & Colin Grimes	Karen
17th	Andrew Glanfield	-	-	-	-
18th	Nigel Barwise	-	-	-	-
20th	Andy Wales	Jill Ferdinando	Lorraine Larcombe	Lorraine, Karen, Fleur	Karen
27th	Andrew Glanfield	Colin Grimes	Eco Group	tba	tba
May 4th	Nigel Barwise	Louise Morgan	Eleanor Mills	Jill & Peter Ferdinando	Jill Ferdinando
11th	Richard Sweetnam	Liz McCarthy	Pat Ruddock	tba	tba
18th	James Hall	Naomi Williams	Louise Morgan	Anne & Frank Rees	tba
25th	Nigel Barwise	Peter Ferdinando	Colin Grimes	tba	Marianne

Rota April - May 2025					
	Elder on duty & Stewards (S)	Vestry prayer	Communion		
			Minister's right	Minister's left	Preparation
			(P = Prayer)		
6th April Communion	Colin Grimes (DE) Ann Grimes (S) Audrey Budding (S)	Andrew Glanfield	Keirsten Eales Andrew Glanfield Marianne Barwise	Secretary Barbara Rhys Mary Bidnell (P)	Keirsten Eales
13th April Palm Sunday	Nigel Barwise(DE) Richard Sweetnam(S) Helen Harries (S)	Anne James			
17th April Maundy Thursday	Andrew Glanfield (DE) Hollie Glanfield (S)	N/A	Ian Mcdowell	Secretary Marion Williams	Ian Mcdowell
18th April Good Friday	Kaye Mundy (DE) Naomi Williams (S) Gaynor Rees (S)	Marianne Barwise			
20th April Easter Sunday Communion	Marion Williams (DE) Tony Webb (S) Liz McCarthy(S)	Liz Kidd	Jonathan Grimes Bev Hampson Kaye Mundy	Secretary Jenny McDowell Philippa Ballisat(P)	Jonathan Grimes
27th April	Kate Hampson(DE) Viv Morgan (S) Derek Evans (S)	Mary Bidnell			
4th May Communion	Philippa Ballisat (DE) Fleur Richards (S) Hollie Glanfield (S)	Jenny McDowell	Mark Stephens Marianne Barwise Keirsten Eales	Secretary Marion Williams Eileen Newington(P)	Mark Stephens
11th May	Philippa Ballisat (DE) Giles Ballisat (S) Cathy Wales (S)	Ian McDowell			
18th May	Keirsten Eales (DE) Mary Edwards (S) Barbara Clift (S)	Bev Hampson			
25th May	Jonathan Grimes (DE) Eleri John (S) Mike Warsop (S)	Andrew Glanfield			
1st June Communion	Marianne Barwise (DE) Nigel Barwise (S) Gaynor Rees (S)	Kaye Mundy	Eleanor Mills Barbara Rhys Louise Morgan	Secretary Beverley Clay (P) Marion Williams	Eleanor Mills

SWIMMING FOR CITY HOSPICE

I am undertaking a challenge to swim 25 miles in a month to raise vital funds for Cardiff City Hospice, an organisation that does incredible work in our community. The City Hospice is the only provider of home-based specialist palliative care in the capital and their team cares for patients across the city, man-

aging their symptoms and offering essential support.

Both Roger and I are actively involved volunteering in different ways and we see first-hand the importance of this work. So please join me in helping. My target is: 25 miles (2,000 lengths)

Donating through Just Giving ([justgiving.com](https://www.justgiving.com)) is simple, fast and totally secure. Once you donate, they'll send your money directly to the charity so it's the most efficient way to donate, saving time and cutting costs for the charity.

Mary Bidnell

BEULAH UNITED REFORMED CHURCH

APRIL 2025

Sunday 6 April	10.30am	Worship – Revd Martha McInnes/Revd David Dean Junior Church
	6.00pm	BWise
Tuesday 8 April	7.30pm	Theology on Tap, Deri Inn
Sunday 13 April	10.30am	Palm Sunday Worship – Mrs Louise Morgan Junior Church
	5.45pm	Towards the End of the Day, Canolfan
Thursday 17 April	7.30pm	Maundy Thursday Service – Canolfan Revd Martha McInnes/Revd David Dean
Friday 18 April	9.30am	Walk of Witness starting at Bethany Baptist Church via All Saints
	12.00am	Good Friday Service – Junior Church Followed by Good Friday lunch in Canolfan
Sunday 20 April	8.30am	Martha/David - Worship in the Garden followed by Easter breakfast
	10.30am	Easter Sunday Communion – Mr Geraint Richards Junior Church
Sunday 27 April	10.30am	Worship – Eco Group Junior Church
Monday 28 April	7.30pm	Beulah URC Annual General Meeting

Monday 14, Tuesday 15, Wednesday 16 April - Holy Week Meditations, Whittaker Lounge 7.30pm

Mondays	9.30-12.00	Miss Tilley's Community Cafe
	1.00-3.00	Women's Fellowship (term time only)
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 (term time only)
Thursdays	9.30-12.30	Cafe Dosbarth (Term time only)
Fridays & Saturdays	10-12.30	Whittaker Lounge Cafe
Sundays	7.15-9.00	Youth Fellowship (term time only)