



Beulah

The Monthly
Newsletter
of Beulah
United
Reformed
Church

October
2025

CROSSROADS

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United
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Church**

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The
**United
Reformed
Church**

www.urc.org.uk

Letter from the Manse

Dear Friends,

We got the call, 'Martha, have you heard 'X' died?' Then another, 'David, 'Y' died this morning.' We have had several of those in the last few weeks. So, as we write, we are in the midst of a number of losses, a season of funerals. This may not be your experience, of course, but you will have had periods like this in your lives.

For many of these people we are celebrating long lives, well-lived. For some it feels like a life has been cut short. Grief is hard to hold. When we feel death has come too soon, it is even harder to navigate.

The grief we carry today is not just about the recent deaths. Grief arises from the world seeming to accept war as normal, the condemnation of free speech, even with all its challenges, or ignoring the climate crisis.

We watch the news from the USA and feel deeply saddened by the loss of life and the violence that continues to unfold. We look around the UK and wonder what people are feeling as the disdain for 'outsiders' grows more deeply entrenched in our society.

How does this impact us? Personally, we may be despairing. We may feel helpless. We have already named grief as part of this experience.

In the face of this, how do we respond? Perhaps we can offer two options - discovering what we can do, and staying connected. Faced with global or national crises, there is definitely too much for a few people to do. Instead, the question becomes - what is ours to do? What can I do? Can I lobby, protest, change my car, limit my buying, or talk to my neighbours with grace? Can we educate ourselves so we can respond appropriately? Can we volunteer or gather with others to pray regularly for peace?

We alone can't change the world, but based on our gifts, we may be called to do something that is uniquely ours. Let's listen for God's call and do it.

Now there is a caveat to finding what is ours to do. If we are in the midst of a personal grief, we won't have the energy to do anything except survive.

Survival, then, is our only task. So, whether we have to survive or do, staying connected is essential.

We need others to encourage us and help us stay the course to which God has called us. We need to hear, from each other, that the work we do is important and makes a difference when added to the work others do. We are not alone. We are in this together. We need to hear that we matter to others, that others

(Continued on page 3)

Part of the United Reformed Church Cardiff and Penarth Pastorate

CHURCH AND FAMILY NEWS

A man lives for as long as we
carry him inside us,
for as long as we carry the
harvest of his dreams,
for as long as we ourselves live,
holding memories in common,
a man lives.

Brian Patten



Family News

The memorial for Peter Cruchley will take place at 3pm on Sunday 5 October in Beulah. Everyone is requested to wear bright or floral colours. There will be refreshments afterwards in the Canolfan.

(I am loath to change a poet's work to use 'person', but that is the sentiment I wanted to convey)

Here in Beulah we continue to share grief for those we have lost and to celebrate lives shared. It is a time when we support each other through sadness, but also share the joy of what has been.

On the 19 September we held the funeral service and celebrated the life of Dr Alun Jones. It was a moving service where his grandchildren spoke about what Alun and Marg meant to them and his grandson, Ben, accompanied us on the organ as we sang one of Alun's hymns. A man of many talents (I had no idea of the extent of his sporting prowess, apart from golf), we remembered and celebrated a full life, well lived.



We continue to work towards being an inclusive church and the Wales Synod has a series of Webinars for A More Able Church, you can check this out on their

webpage <https://www.urcwales.org.uk/a-more-able-church/> These are online and open to all.

We said au revoir to a number of our Elders and thanked them for their service at the September Elders' meeting: Beverley Clay, Philippa Ballisat, Kaye Mundy, Eleanor Mills and Eileen Newington, and Liz Kidd for her work as Chair of Elders and Church meeting. We were pleased that Jenny McDowell and Ian McDowell agreed to continue for another year and that Andrew Glanfield accepted the move to the role of Chair of Elders and Church Meeting. Marianne Barwise likewise moved into the Church Life Elder role of Outreach from her role as Pastoral Elder. We were pleased that Nigel Barwise will take up the role of Church life Elder for Communications.

We will have two new Pastoral Elders, Gaynor Rees and Andy Wales. Welcome and thanks to them all.



Our thoughts and best wishes go to all those who are unwell at home and in hospital.

Every blessing,
Anne



CONTACT

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Revd. David Dean,

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Letter from the Manse

(Continued from Front page)

notice us and remember our grief.

In tough times, we often proclaim that God brings hope. What might hope look like in these strange days? Anne Lamott writes:

Sometimes hope is a radical act, sometimes a quietly merciful response, sometimes a second wind, or just an increased awareness of goodness and beauty. Maybe you didn't get what you prayed for, but what you got instead was waking to. . . the power of loving hearts.

As we discover what is ours to do and stay connected, perhaps the power of the loving heart is the most essential aspect of our whole time. Hearts that are open to love and welcome the stranger - whether they have come from overseas or from across the street; whether they share an ideology or their beliefs are illogical and flawed - in our view.

May our loving hearts bring healing to us and to others in this season.

*In a time of hate
Love is an act of resistance*

*In a time of fear
Faith is an act of resistance*

*In a time of misinformation
Education is an act of
resistance*

*In a time of poor leadership
Community is an act of
resistance*

*In a time like this
Joy is an act of resistance . . .
~ Loryn Brantz*

Resisting with you for peace,

Martha and David

KIN @ Harvest

During the Harvest Festival service on **5th October**, we will be collecting gifts for Space4U and the Huggard Centre. These charities support some of the most vulnerable people in our city, refugees, asylum seekers and the homeless. You can help by bringing the following items:

Please donate for Space 4U:

Food: cartons of fruit juice, tins of tomatoes, tuna, pasta, rice, lentils, kidney beans/white beans, sugar, oil, tinned fruit-peaches, apricots, pears or fruit cocktail.

Toiletries: toilet rolls, shampoo, shower gel, deodorant. Boxers /pants and socks for men, women and children.

Please donate for The Huggard Centre:

Shower gel, toothbrushes and toothpaste, deodorant, hats, gloves, scarves.



Operation Christmas Child



We will, again, be doing a shoebox collection this year.

Leaflets will soon be available.

Because of Customs Control in some countries, soap is not included on the list this year.

And this year, it is still £5 to send a box, and if you are unable to make up a complete box, we will happily accept contributions to be able to fill boxes and send them on your behalf.

For more information, please 'Google' (other search engines are available!) "Samaritan's Purse UK", or follow this link.

https://occ.samaritans-purse.org.uk/?gad_source=1&gad_campaignid=23023117907&gbraid=0AAAAAD1oMIWh0SVW5WKABH6WRvLu0wP7Y&gclid=Cj0KCQjw0NPGBhCDARIsAGAzpp3YvD4yy-hGyFeCFwbRSb5biaM4SyJd8_eVfnbNdiCAM8OuAIL3xUgaAuiMEALw_wcB

Our collection date will be 28th October.

Thank you.

Ann Grimes

Get inspired for action with Wildlife Trust Wales

I went to the Rhiwbina Eco Team's AGM in the Juboraj in June. As well as learning about all the wonderful work the Eco Team do, I heard a great presentation given by a local representative of Wildlife Trust Wales. The Wildlife Trusts is a federation made up of forty-six Wildlife Trusts working together across the UK. Their vision is of a thriving natural world in which wildlife and natural habitats play a valued role in addressing the climate and ecological emergencies, and everyone is inspired to get involved. Please take a look at the Wildlife Trust Wales website – there is certainly lots to inspire you! <https://www.wtwales.org/>

They have a colourful section with many different ways we can all help wildlife at home <https://www.wtwales.org/actions>



I've chosen two examples for this time of year ...

Can you have a plastic free Halloween?

Here are two scary facts to get you thinking ...

Halloween costumes are often made up of 90% plastic and an incredible seven million of them are

thrown away each year in the UK.

Take a look here <https://www.wtwales.org/actions/how-have-plastic-free-halloween> to find out about making your own costume, having fun making recyclable decorations and home-baked treats, and cooking something tasty with your left over pumpkin.

Help wildlife in the cold

The colder months can be a tough time for wildlife, food is scarce and hibernators are looking for shelter. Take a look here <https://www.wtwales.org/actions/help-wildlife-cold> for tips on how to maintain your garden for wildlife in the autumn and winter. You could make a woodpile for wildlife, plant a tree or spring flowering bulbs, introduce a water feature and maintain your bird box. Some things can even be done without lifting a finger – keeping a messy garden is good for wildlife!

Eileen



Editors' Note

I never thought I'd say this at the end of September, but Christmas approaches!! (Editorially speaking, of course!) But, I thought I would urge anyone with information about Christmas events, to submit their articles in time for the November edition.



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

November 2025

edition of **Crossroads** is **Sunday 19th October**, 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



The Monthly Community Lunch is proving to be a success, and it has been decided that any monies raised at the Community Lunch, each month, are being sent to the Cardiff Foodbank, and this is a letter from the CEO of Cardiff Foodbank explaining how much it is helping them.

Banc Bwyd Caerdydd | Cardiff Foodbank



Uned/Unit G, Cardiff Bay Business Centre,
Titan Road
Caerdydd/Cardiff
CF24 5BS

T: 029 2048 4120

E: info@cardiff.foodbank.org.uk

Rydym yn croesawu gohebiaeth yn Gymraeg a Saesneg

Mrs Barbara Rhys, Church Treasurer
Beulah United Reformed Church
% 7 Clas Tyn-y-cae
Rhiwbina
Cardiff
CF14 6DA

29th August 2025

Dear Barbara

I'm writing to thank you and the church members of Beulah United Reformed Church for your financial support to Cardiff Foodbank over the last year as we continue working to end hunger in Cardiff.

Your generosity has been invaluable. As more people struggle to balance household budgets, we've seen a noticeable drop in food donations. Between April and June this year, we have needed to top up these donations received from the public by purchasing 49% of the food that we gave to people in need. Thanks to your congregation's financial support, during these three months alone we were able to feed 2,891 adults and 1,502 children. That's the equivalent of feeding an entire secondary school of teenagers, a primary school of children, and all their parents.

Behind every number is a real story. Sometimes, it's simply an unexpected bill or the extra cost of the long school holidays that pushes a family into crisis. For example, one parent came to us recently when they were struggling to stretch their money to payday after needing to buy new shoes, school uniforms and pay for some extra activities to help occupy their children this summer. They felt uncomfortable asking for help, but your church member's gifts meant our team could welcome them warmly, reassure them, and provide the food they needed.

Your support doesn't just fill plates - it restores dignity, hope, and the knowledge that someone cares. Thank you for making this possible. I would be so grateful if you would please pass my thanks on to your church members.

With thanks,

Rachel Biggs
CEO

Banc Bwyd Caerdydd | Cardiff Foodbank

Elusen a gofrestrwyd yng Nghymru a Lloegr | Registered Charity in England & Wales (1139456)

Rhan o Rwydwaith o Fanciau Bwyd y Trussell Trust | Part of the Trussell Trust Network of Foodbanks

Cwmni Cyfyngedig a Gofrestrwyd yng Nghymru a Lloegr | Registered Limited Company in England & Wales (07107789)

ROTAS

| Date | AV | Readers | Intercessions | Flowers | Arranger |
|-----------------|------------------|------------------|--------------------|------------------------|----------|
| October | | | | | |
| 5th | Ian McDowell | Ruth Williams | Anne James | Jenny & Ian McDowell | Beverley |
| 12th | Richard Sweetnam | Norman Henderson | Andy Wales | Elin James | Marianne |
| 19th | James Hall | Geraint Richards | Tony Webb | Louise, Rachel & Naomi | Karen |
| 26th | Nigel Barwise | Jenny McDowell | Revd David Simpson | Marion Williams | tbc |
| November | | | | | |
| 2nd | Andrew Glanfield | Mark Stephens | Geraint Richards | Eleanor Mills | Arlene |
| 9th | Ian McDowell | Eleri John | Janet McCormack | Barbara Rhys | Marianne |
| 16th | Richard Sweetnam | Hollie Glanfield | James Hall | tbc | tbc |
| 23rd | James Hall | Elin James | Brenda Cheer | Eleri John | tbc |
| 30th | Nigel Barwise | Roger Bidnell | Giles Ballisat | tbc | tbc |

Elders and Stewards Rotas

| | Elder on duty & Stewards (S) | Vestry prayer | Communion | | |
|-------------------------------|--|-----------------|--|---|------------------|
| | | | Minister's right | Minister's left | Preparation |
| | | | (P = Prayer) | | |
| 5th October Communion | Mary Bidnell (DE) Nigel Barwise(S) Andy Wales (S) | Mark Stephens | Andrew Glanfield Mark Stephens Jonathan Grimes | Secretary Marion William(P) Bev Hampson | Andrew Glanfield |
| 12th October | Colin Grimes (DE) Barbara Clift (S) Richard Sweetnam (S) | Arlene Ramasut | | | |
| 19th October | Ian McDowell (DE) Derek Evans (S) Denise Dickman (S) | Keirsten Eales | | | |
| 26th October | Bev Hampson (DE) Mary Edwards (S) Helen Harries (S) | Anne James | | | |
| 2nd November Communion | Keirsten Eales (DE) Giles Ballisat (S) Gaynor Rees (S) | Mary Bidnell | Ian McDowell Marianne Barwise Jenny McDowell | Secretary Geraint Richards (P) Barbara Rhys | Ian McDowell |
| 9th November | Geraint Richards (DE) Mary Edwards (S) Gaynor Rees (S) | Arlene Ramasut | | | |
| 16th November | Kate Hampson (DE) Audrey Budding (S) Eleri John (S) | Jonathan Grimes | | | |
| 23rd November | Bev Hampson DE Mike Warsop (S) Tony Webb (S) | Ian McDowell | | | |

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

Lunchtime Concert Series

Wednesday 29th October at 1.00pm

Ryan Vaughan Davies - tenor
Freddie Brown (WNO) - piano

Tickets are £8 on the door as usual

We are so pleased that the winner of the 2024 Welsh Singer Competition is coming to perform for us singing a programme of songs and arias accompanied by the talented Chorus Master at the WNO Freddie Brown.

This should be a special concert with both artists currently at the top of their game!

If you haven't attended a lunchtime concert before, this is the one to whet your appetite!

Next concert

Wednesday 26th November at 1pm – Top Brass Trio

NEW ORGAN



I hope you are enjoying the sight and sound of our new organ and thought you would like to know that the whole cost has been covered by donations, some in memory of loved ones.

Thank you to those who have given any amount, large or small, for your generosity. It is very much appreciated. *Barbara*
Church Treasurer

Thank you Beulah

Rebecca and James, Ann and Colin would like to say a huge thank you to everyone that made James and Rebecca's wedding day extra special.

Special thanks go to Karen for the beautiful flower displays, to Martha for the service, and to John Cheer for the music.

Also, thanks to Philippa, Lesley, Eleri, Eleanor and Fleur for the Fizz and Cake after the service.

It was lovely to see so many friends who had come out to see the wedding, and we are truly blessed to have such an amazing church family.



HARVEST SUPPER/ AUCTION OF GIFTS

This will take place on Saturday **4th October at 6.30 p.m.** in the Leaver Room and we hope to see you and the family there. For full details, please see September *Crossroads*. There is a sign-up list in the Porch.

Thank you for the gifts we have already received and if you have with you today, Barbara will be available in the Foyer of the Canolfan to collect them after the morning service. Gifts for the Silent Auction will be available for you to make your bids after the service next **Sunday 28th September** if you are not able to attend on the 4th October.

BEULAH UNITED REFORMED CHURCH

October 2025

All Welcome

| | | |
|----------------------------|---------|--|
| Sunday 5 October | 10.30am | Worship - Harvest: Rev Martha McInnes/Rev David Dean New Elders Induction and Ordination Junior Church |
| | 3.00pm | Memorial Service for Rev Dr Peter Cruchley |
| | 6.00pm | BWise |
| Tuesday 7 October | 7.30pm | Theology on Tap, Deri Inn |
| Sunday 12 October | 10.30am | Worship – Mrs Judy Harris Junior Church |
| | | |
| Saturday 18 October | 3.00pm | Family Film, Canolfan |
| Sunday 19 October | 10.30am | Worship – Revd Gareth Dyer Junior Church |
| | | |
| Sunday 26 October | 10.30am | Worship - Revd David Simpson Junior Church |
| | | |
| | 12.30pm | Community Lunch |

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 (term time only) |
| Thursday | 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) |

Holy Dusters

Thank you to a group of ladies who gave of their time to wash walls, clean windows, polish and scrub furniture, and gave the church a much needed clean, after the builders recently completed their work on the inside of the church.

Very many thanks to all of them.

In Loving Memory



A Memorial Service for Rev. Dr. Peter Cruchley

Sunday 5th October, 3pm

Beulah URC, Rhiwbina

Followed by refreshments in the Canolfan

All are very welcome to join in this service of remembrance and celebration of the joy, enthusiasm, challenge and care brought by Peter to everyone whose life he touched.

Beulah URC

Family Film Shows

Family favourites on the big screen

Suitable for all ages*



Saturday afternoons 3.00pm

18th October

Canolfan Beulah, Rhiwbina Village

FREE of charge

Interval ice cream No booking required

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