

INFORM



URC
VAN ROAD
Caerphilly
September 2018

Minister

Rev. Stephen P.I. Lewis

Tel: 01443 819508

E-mail: spilewis@gmail.com

Church Secretary

Mrs Margaret Craig

Tel: 02920 867487

E-mail: Margaret_craig@hotmail.co.uk

Church Treasurer

Mr Rob Moverley

Tel: 02920 866336

E-mail: robmoverley60@gmail.com

Pulpit Secretary

Ms Lynda Jones

Tel: 02920 884022

E-mail: Lynda.jones@58g.com

GOD BLESS THE NHS !

DUW AFENDITHIA'R

As we know, the NHS was 70 years old as of 5th July 2018. In celebration of this, Revd Phil Wall envisioned a walk from Rhyl on the north coast of Wales to Cardiff Bay in the south, and he and Bethan Walking started the walk on Saturday 8th July, stopping at churches, chapels, St. Asaph's Cathedral, and hospitals along the way.

The walk was intended as a celebration of our health service, free at the point of use, there for all, regardless of ability to pay, or age, or the severity and persistence of health problems. It also allowed us to raise our concerns about the NHS in times of austerity and shortages.

I took the train to Knighton with Milo my dog, to join the walk. (Well, actually, because one of my trains waited half an hour for a driver, and would have missed the connection to Knighton, we were put in a taxi from Hereford to Knighton, so all was well.)

That night we were put up in an old pub, which had been bought by a couple as a prayer house and retreat centre. A local Baptist church provided food and some of us watched England fall out of the World Cup.

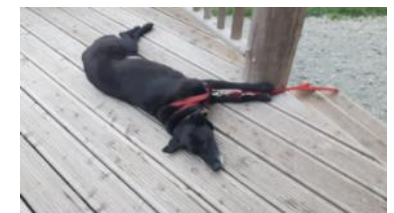
My first full day was a 25 mile walk, much of it along Offa's Dyke. In the evening we were given a meal by a couple who worship at Maesyronnen URC, and our accommodation was a restful log cabin in a wood. This was built by an ex-serviceman, who plans to add another three cabins. The cabins will be available as holiday lets, but one will always be available free for ex-service people who are contending with mental illness, stress and conditions like post-traumatic stress disorder. This was an



Idyllic place.

The following morning we visited Brecon hospital where the two nurses who met us described the work of the hospital and spoke about how much they enjoyed working there. There were gifts given at each hospital, including one of 70 knitted hearts, a knitted nurse or doctor, chocolates (with significant brand names - 'Celebrations' and 'Heroes') and a 'God bless the NHS' poster. Later, S4C did an interview in Welsh – Bethan is fluent, while Phil and I looked decorative in the background whilst Milo barked in all the wrong places – for the TV programme 'Heno'.

The day was also hot and the paths dusty and stoney, which left Milo with sore pads. He sat down in protest a few times and wanted to walk in the grass and weeds at the side of the path. The latter part of the day, you might describe as cheating, but we had been given complimentary tickets to ride on the Brecon Mountain Railway. Steam locomotives have been banned during the heat wave because of the danger of setting fires from the sparks.





We visited Prince Charles Hospital in Merthyr and met the chaplains and a nurse from the neo-natal unit. The support car took us down to the manse in Ystrad Mynach where we stayed that night. Contrary to my assumption, Milo is not a perpetual motion machine and I realised I'd pushed him to his limits; as I was not keen on the prospect of carrying my dog the following day, I made a phone call and at 6am the next morning delivered Milo into the care of Margaret and Paul Craig.

On Saturday 14th July (day 8 for the long-distant walkers, day 4 for the lightweights like me!) we set off from the Aneurin Bevan stones, a memorial on the hills above Tredegar. 'Nye Bevan' was of course the health minister who spearheaded the formation of the NHS in 1948. We were a larger group by now, and joined by more people at Merthyr. The day's walk took us to Pontypridd. In the evening, there was a concert by the Tredegar Brass Band at St. David's Uniting Church, Pontypridd. (I was at Van Road for our Gala Concert.)

Then a few days rest followed, allowing time for blisters to heal and work to be done! On the Monday, Phil continued to visit Health centres and surgeries, as far afield as Swansea, to spread the message of 'God Bless the NHS'. Bethan was back at the school where she teaches. On Monday evening, in matching 'God bless the NHS' t shirts, Phil, Bethan and I were in the audience at the Abercynon Leisure Centre, for a recording of 'The Hour', a sort of 'question time' for Wales, which was debating the current state of the NHS.

Disappointingly, my contribution didn't make the final edit !

Tuesday 17th July was the last leg of the journey, a 6.30am start from Pontypridd down to the Aneurin Bevan Statue in Queen Street, Cardiff, where we met more people for the last push to the Senedd in Cardiff Bay. At the Senedd we were met by the singing of the Tenovus Choir and a school choir. The 'celebs' were Cabinet Secretary for Health, Vaughan Gething, as well as the AM for Pontypridd and the broadcaster, Beverley Humphreys. Speeches were made, gifts handed over, and also a hamper of cards signed by church people and folk along the way, on which expressions of support for the NHS had been written.



Hard questions do have to be asked about how we fund our health service in our time, when there are now so many more very sophisticated treatments and medicines available, all of which are expensive, plus an aging population, and a growing problem of obesity at all ages because of contemporary life-styles. Are we willing to pay more through tax or national insurance? In many other European nations a higher percentage of personal income is spent on health care. And are we appreciative of our health service? Do we take it for granted? Do we use it carefully and responsibly? Do we take responsibility for our individual well-being in terms of good diet and exercise?

We encountered great warmth from those we met in hospitals, and generosity and kindness from our hosts along the way. It was a good opportunity for the walkers to get to know each other, share serious conversations, jokes, and play word games which took us to unexpected places! The walk, however, was a celebration of our wonderful health service, and the focus should not be on the walkers, but on the many people who make up our NHS – doctors, nurses, paramedics, porters, cleaners, cooks, managers, drivers, support staff, and volunteers. So we say with thanksgiving and with hope for the future:

'GOD BLESS THE NHS'!

SPI

DATES FOR YOUR DIARY

Thurs 6th, 10.30am Fellowship and Bible Study

Tuesday 11th, 10.30am COFFEE WITH ENFYS

(NOTE DIFFERENT WEEK AND TIME)

Thurs 13th, 10.30am Fellowship and Bible Study

Wed 19th, 1pm Piano and Euphonium Recital

Sat 29th, 7.30pm Afternoon concert in aid of Alzheimer's with Angharad Morgan and Ryan Wood

Pulpit Supply

September

2nd, 10.30am

**Rev. Stephen Lewis
Communion**

9th, 10.30am

Mrs Sally Ball

16th, 10.30am

Rev. Stephen Lewis

23rd, 10.30am

Rev. Malcolm Shapland

30th, 10.30am

Mr Lewis Lewis-Head



Mid Week Communion

**Wednesday 12th September
10.30am**

Rev. Stephen Lewis

**Late Summer Bible Society Service
September 23rd, 6pm
Venue TBC**

Harvest Service

Sunday 1st October

Together In Prayer

September, please pray for,

2nd Bethel URC, Cardiff and Talgarth United Free Church

Estonia, Latvia and Lithuania

9th Parkminster URC, Cardiff and Gilwern URC

Czech Republic, Poland, Slovakia

16th Canton Uniting Church, Cardiff and Maesyronnen with Glasbury URC

Albania, Bosnia and Herzegovinz, Croatia, Slovenia, Yugoslav Republic of Macedonia, Kosovo, Montenegro and Serbia

23rd Beulah URC, Cardiff and Pennorth with Llanfilo URC

Bulgaria, Hungary, Romania

30th St Andrews URC, Cardiff and Libanus URC, Brecon

Belarus, Moldova, Russia, Ukraine



WEDDING CONGRATULATIONS to -

David and Philo

Married on 4th August

Wishing them health and happiness and a wonderful life together.

YOUNG WIVES

September

Mondays 7.30pm



10th Mr Trevor Grant (Leprosy Mission)

17th Business and Biscuits

24th Mike Sullivan (Photographer)

Centenary commemoration of end of First World War.

As we approach the time when we remember those who gave their lives in the Great War 1914-18, I am reminded of my great uncle who died in that conflict. Walter Luckwell was 24 years old when he died in Belgium on 28th September 1918, just six weeks before the end of the war. He had married my grandmother's youngest sister on 30th June that year when Joanna was 20 years old. Walter died while serving with the 11th Battalion of the East Lancashire Regiment known as the Accrington Pals. All my research has failed to discover how he was with them or why he had two service numbers. Like so many families there will be questions to which we cannot find answers. However, I am grateful, as I am sure my great aunt was, that Walter had a grave and that he was buried in a small graveyard near where he died along with some of the other 'Pals'.

Mair

We hold in our prayers -

Vernon Holland	Bill and Jean Mutter
Tony Moore	Phyllis Colwel
Barbara Lloyd	Frank Fraying
Roland Lewis	Rev. Malcolm Shapland



The VAN-guard Centre

Charity Registration number 1109193

September 2018

Summertime review

A more than usual busy summer time at VAN-guard began early in July with a splendid Sunday afternoon concert by 'the Young Stars', a younger than usual group of singers that delighted their families and friends with their talented performances. There will be another opportunity to see them at their Christmas concert on the afternoon of 1st December.

July continued with a return visit by Baritone Matthew Tilley who gave an excellent lunchtime concert accompanied by Daniel Cushing, an immensely talented musician, who will perform for us next year.

The Memorial Gala Concert was superb. The Noteworthy Choir conducted by Ryan Wood and accompanied by Stewart Roberts provided a wonderful evening's entertainment. A large appreciative audience enjoyed all the musical talent and helped to raise £1,200.00 for the Tommy Cooper Society's Defibrillator Campaign. We hope the choir will return to VAN-guard in the not too distant future. They seem eager to do so, and were delighted with the warm welcome they received. Choristers mentioned that they enjoyed performing in our beautiful building with its excellent acoustics. Mr. Tudor Jones, Chair of the Tommy Cooper Society, has written to express the gratitude of the Society for the amount raised and thanked everyone involved in the Gala Concert for their hard work and generosity.

A few days later we were treated to a Clarinet Recital by Nigel Jones. There was a large audience who enjoyed this first time clarinet recital at VAN-guard. Nigel has ideas for the future, so watch this space.

August is usually a quieter time for us with most of the regular groups on their summer break. However our concerts have continued. We held our first tea time concert, when we were entertained by Dan Phelps, pianist and composer and Katy Cox on the cello. It was a lovely relaxing event followed by a strawberry tea. Everyone who attended, and there were new people present, appreciated the work that had gone into the preparation of the delicious tea. It was a worthwhile experiment to organise something different, despite the fact that some of our very regular concert attendees were not able to be there.

As I write this article John is printing the programmes for 'The Champagne Quartet' Concert on 22nd August. We first welcomed these singers a year ago and they received a standing ovation for their performances. They really are very talented and produce very exciting events. Having completed their post graduate studies, and now embarking upon their professional careers, they are performing throughout the UK and, Scotland. In October one of the sopranos, Erin Alexander, will be going to Italy for 6 months. We are very lucky therefore to have them with us once again and we wish them all well in their future careers.

For the remainder of this year we will continue with more first class events. There are two concerts booked for September, one in October, one in November and three concerts in December. Further details will be published in future issues of INFORM, on the display boards, via email and the web site.

Groups In September our weekly and monthly groups will resume and we look forward to seeing our regular users in VAN-guard once again. If anyone knows of a young lad who might enjoy singing with Only Boys Aloud, then please tell him to get in touch with The Aloud Charity Office in Cardiff or come along one Monday evening. The age at which they can now join has been changed to eleven years and there is no audition or joining fee. We are delighted that David Fortey is returning to lead our group having spent time with other OBA groups in the South Wales Valleys. Niall Allen will remain with the group, which means two current members of Only Men Aloud will be tutoring it.

Lighting Some improved light fittings are being installed throughout the building. This includes upstairs, where new strip lights across the screen have been fitted. VAN-guard has met the £364.00 cost of these new lights, which will improve the lighting at the back of the worship area.

Special event. I was invited to attend the GAVO 90th Anniversary Celebration on 2nd July. It was held in the Botany Bay Centre at Tintern. A small representation from the voluntary organisations that are members of GAVO was invited. These were drawn from the four GAVO regions of Caerphilly, Blaenau Gwent, Islwyn and Monmouth. The VIP guests were the Prince of Wales and the Duchess of Cornwall. VAN-guard was fortunate to be selected to We will also hold our 10 day Arts, Crafts and Literary Exhibition from 13-23rd November.

attend and I was even more fortunate to be among those chosen to be presented to The Prince of Wales. The Prince was interested in the restoration work that has been carried out on the church building and the community

activities that are provided here.

It was very a special occasion and it is pleasing that the VAN-guard Charity is recognised in this way, because we are one of the smaller charities in the GAVO membership and one of those entirely run by volunteers.

September events calendar 2018

Wednesday 19th September at 1.00 p.m. Tickets £6

Recital by Conal Bembridge- Sayers, piano and Grant Jameson - euphonium

Conal is a most talented pianist and is currently employed at the Royal Welsh College of Music and Drama and is well known in music circles throughout the U.K.

Grant Jameson will be making his first visit to us but his CV is outstanding. He is currently being tutored at the RWCMD by the world famous euphonium player David Childs.

Saturday 29th September at 7.30 p.m.

An evening with Lee David Bowen, heldentenor; Angharad Watkeys, soprano; Richard Lee Thomas, tenor and Nicola Rose, accompanist.

This will be a real treat in store. The soloists are all new to us but we know of them and their experience in the music world. Nicki Rose has become a frequent performer here herself. She excels in her field as pianist and accompanist and also works at RWCMD.



Further events/concerts dates in 2018

Saturday 27th October at 1.00 p.m. Tickets £7.00 Recital by Angharad Morgan with Ryan Wood- accompanist. In aid of the Alzheimer's' Association.

Friday 2nd November at 7/7.30 p.m. The Serenata Choir – a mixed choir from Cardiff. A warm welcome is extended to this talented choir that very much enjoys performing here.

Tuesday 13th-Friday 23rd November Arts, Crafts and Literary Exhibition.

Saturday 1st December at 2.00 p.m. The Young Stars Christmas Concert.

Saturday 15th December at 7.30 p.m. Caerphilly Community Chorus Christmas Concert.

Sunday 16th December at 3.00 p.m. 'Cantare at Christmas' with David Fortey, tenor; Angharad Morgan, soprano and Ryan Wood, accompanist.

Mair.

e mail: mairjohn365@gmail.com

www.vanguardcentercaerphilly.org

Lectionary Readings

September

- 2nd** Song of Solomon 2:8-13; Psalm 45:1-9;
Deuteronomy 4:1-9; James 1:17-27;
Mark 7: 1-23
- 9th** Proverbs 22:1-9, 22-23; Psalm 125;
Isaiah 35:4-7a; James 2:1-17; Mark 7:21-37
- 16th** Proverbs 1:20-33; Psalm 19;
Isaiah 50:4-9a; James 3:1-12; Mark 8:27-38
- 23rd** Proverbs 31:10-31; Psalm 1; James 3:13-4:3
Jeremiah 11:18-20; Mark 9:30-37
- 30th** Esther 7:1-6, 9-10, 9:20-22; Psalm 24;
Psalm 19:7-14; James 5:13-20; Mark 9:38-50



VISIT OUR CHURCH WEBSITE

www.vanroadurc.org

Report Extracts from 2 Malagasy Volunteers

Avisoa and Tahiry are members of Ny Ako. After the group left they stayed on in Penrhys as volunteers until the end of July. They were a great asset and they enjoyed their time there. Van Rd contributed some money towards their living expenses. Below are some extracts from their final reports. Copies of their reports can be found on the notice boards.

Aviosa: ' Being here in a different country changed many things for me. I really feel that God is using this time here for my growth. Hearing the story of Penrhys gave me ideas for my community in Madagascar. This experience has taught me to act and fulfil those ideas. It urged me to take a step forward and take action in my community in Madagascar and also in my personal life. '

' It has been an honour for me to work alongside such wonderful people.'

Tahiry: 'Since I have been here I have learnt to serve God in a very different way to what I am used to in Madagascar. It is really serving God by serving others (e.g. helping with teas, homework club, cleaning, playing with the children etc)'

' Being a volunteer in Llanfair Uniting Church has allowed me to know more about God, more about His love through the hard work that people do here. '

'Surely, with the good experiences I have had here, I will go back to my country with many ideas to be more active as a Christian, to be more creative about the way to share the gospel and to be a better person as well.'

A day of rest !!! But sometimes there are two services !!!

At Van Road we have started a monthly afternoon service. The idea of this that it is shorter, informal and more participative. We hope it will appeal to people who find that more traditional worship does not help them.

Some with long memories might recall Sundays made up of morning services, Sunday Schools and evening services. We live in different times. Culture and technology and theology move on. We might do well to remember that what became known as the Sabbath was originally, and still is, Saturday, the Jewish day of rest. Sunday was the first day of the week, a working day. Christians in the early church had to work, and would sometimes meet at the crack of dawn on Sunday, the day of resurrection - new life. It was only when Christianity became the state religion of the Roman Empire that Sunday started to be thought of as a rest day and a day set aside for worship.

We live in a society where relatively few people go to church, and travel is easier, families live many miles apart, and we enjoy more time for recreation and keeping connected entertainment, and we are all busier in different ways. So perhaps it is better to think of making our times of worship good quality, and choosing carefully what we do, and what we attend.

So the point of this, is simple to say, nobody need feel guilty about not going to two services when there are two on a Sunday. Worship is never supposed to be a burden or a rod for our backs. The Sunday afternoon service is different, and is there for anyone who would like to go to it. It is okay to decide either/or, rather than both/and !!!

Stephen



**"Yes, the disciples followed Jesus...
but not on Twitter."**

FLOWERS FOR SEPTEMBER

2nd	Jen Viggers
9th	Carolyn Jenkins
16th	
23rd	Mair and John Wade
30th	

Thank you to all who donate flowers for worship

**Please note that I regret that I am probably
not able to produce Inform for October.**

ROTAS

September

Stewards

Chris Harling

Dorothy Woodward

Communion

Emma Fitzgerald

Phyllis Frayling

October

Stewards

Margaret Baldwin

Kathy Vernalls

Communion

Margaret Craig

Enfys Hawthorn

If unable to steward or serve

Please ask ANOTHER to cover

Gateways into Worship Course

Extracts from a thank you letter sent to SPI by

John Burgess re Richard and Sarah.

‘Please also pass on our thanks to members of the Valleys Pastorate for being willing to receive Richard and Sarah on attachment and for their encouragement and help.’

BIRDS

G	N	V	W	O	R	R	A	P	S
K	O	O	R	A	V	E	N	W	S
L	L	W	E	J	T	D	A	J	H
N	D	R	N	E	Y	L	T	C	A
T	R	I	L	A	L	F	N	K	R
I	T	G	J	O	N	I	B	O	R
T	A	J	W	V	F	N	E	A	I
E	V	O	D	D	T	C	E	R	E
U	A	W	L	F	F	H	B	L	R
L	W	O	A	W	I	R	D	I	G
B	G	C	R	O	W	R	B	J	B
F	K	L	K	E	S	T	R	A	L

LARK	GOLDFINCH	HARRIER	ROBIN
KESTRAL	SWALLOW	SWIFT	SPARROW
WREN	OWL	BLUETIT	CROW DOVE
EAGLE	ROOK	FINCH	RAVEN JAY

CHURCH ELDERS

Mr Lewis Lewis-Head	02920 889958
Mrs Enfys Hawthorn	02920866840
Ms Lynda Jones	02920 884022
Mrs Diane Moverley	02920 866336
Mr Robert Moverley	02920 866336
Mrs Cathy Vernalls	02920 887112
Mrs Phyllis Frayling	02920862285
Mrs Emma Fitzgerald	02920851525

Any items for the next edition should be submitted by the 19th of the month to -

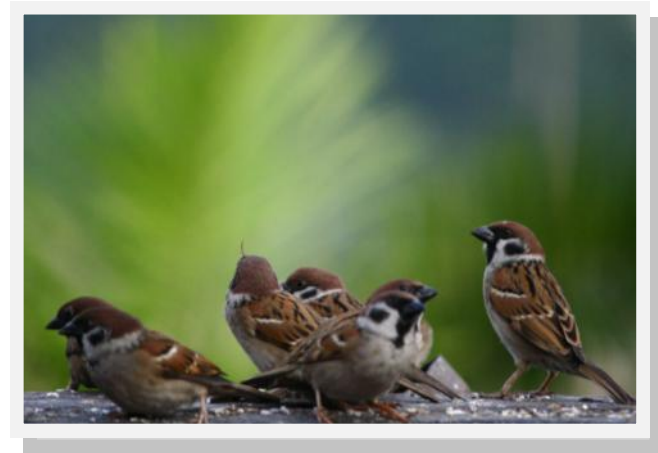
Mrs Diane Moverley

dianemoverley60@gmail.com

(or if not on e mail then items can be left in the box at the back of the sanctuary)

Website:

www.vanroadurc.org



Are not two sparrows sold for 5 cents? Yet not one of them is forgotten before God.

Luke 12:6