

INFORM



URC
VAN ROAD
CAERPHILLY
February 2023

CHURCH OFFICERS

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.jones0058@gmail.com

Website:

www.vanroadurc.org

An Elder writes ...

As we said farewell to 2022, some will look back with relief or sadness and some with great gladness. Well, here we are already one month into 2023. We are often told not to look back but keep looking forward.

I, like most people, can't help but look back to the times when we had a Sunday School, with the children taking part in our services, our spring fairs (with us all working together,) Then there were our weekends at Trefeca, how I loved them. We all felt such a closeness to each other, the worship and prayer times were very special.

What will the future bring for us as a church family? Isaiah 43:18-19 and Jeremiah 29:11 are both worth reflecting upon.

Someone in the past said to me that, 'A family that prays together, stays together.' Great things can happen when we pray.

We find time to meet together sometimes, for example, for Bible study, meals, concerts and organisations such as Young Wives.

In Nehemiah 1:4-7 we hear that when he needed to rebuild the walls of Jerusalem he started with prayer and fasting.

If we want to rebuild the numbers in our church family, should we set aside one hour a week perhaps for prayer time together?

Phyllis

For an answer to prayer, see over!

Time For Prayer

Every Tuesday from 7th February, Lewis will lead a prayer time in church.

All welcome!

Thank you, Lewis!



Please, Don't Clutter!

In recent months the Elders have found that items such as, for example, books, a cushion, a bag of tinsel and general miscellaneous items have been left in church. Please note that nothing should be left in church unless first approved by the Elders.

Thank you!

☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆☆
★ From the Editor

★ Why Choose Fair Trade? ★

★ One criticism I hear is that Fair Trade products are too expensive, particularly in these inflationary times.

★ It is true that fair Trade products can be more expensive but that is for several reasons.

★ Firstly, the producers are generally small concerns in communities trying hard to be self sufficient and feed, clothe and give shelter to their families.

★ Secondly, a 'Fair Trade Premium' is often added to the cost. This extra allows communities to improve their lives by, for example, digging wells, getting health care, paying for children's education.

★ Thirdly, the supported concerns / local businesses set about their work with the care of the environment in mind and an acute awareness of not contributing to anything that can harm the climate.

★ These producers, like so many world wide, are facing great challenges so, if you can afford to buy Fair Trade products at any time, please do so. More supermarkets are extending their Fair Trade lines and The Cooperative and Sainsbury's particularly, have a wider selection.

★ Fair Do's on Llandaff Road in Canton (car park behind the shop,) have a range of food, clothes, household goods, artisan craft, toys and greetings cards (great present ideas.)

★ So, if you can, 'Splash Out!' Your actions **can** make a difference.

★ Diane.

Young Wives



February

6th Mrs Vickie Morgans –Visit to South Africa

13th Mr Trevor Grant-Leprosy Mission

20th No meeting-Half Term

27th Rev Malcolm Shapland

Fellowship and Bible Study

Fellowship and Bible Study

We resumed our Bible Study sessions on 5th January at 10.30 a.m. and we will continue to meet on the first and third Thursday of each month.



Mair

Worship



February

5th, 10.30am Rev Malcolm Shapland
Communion

12th, 10.30am Café Church –Rob Moverley

19th, 10.30am Dr Peter Speakman

26th, 10.30am Mrs June Maxwell

Mid-month Communion

Wednesday 8th February 10.30am TBC



Congratulations!

Wonderful News!

Stephen (SPI) will be marrying Clare this month.

We send our love and best wishes for the future.

Lectionary Readings



February

5th Isaiah 58:1-12; Psalm 112:1-10;
1 Corinthians 2:1-16; Matthew 5: 13-20

12th Deuteronomy 30:15-20; Psalm 119:1-8;
1 Corinthians 3:1-9; Matthew 5:21-37

19th Exodus 24:12-18; Psalm 2; Matthew 17:1-9

26th First Sunday in Lent
Genesis 2:15-17; 3:1-7; Psalm 32;
Romans 5:12-19; Matthew 4:1-11

CHURCH COFFEE MORNING

Wednesday 1st February

10.30am

In aid of Guide Dogs

£2 (includes a raffle ticket)

ALL WELCOME!

Bible Quiz

1. What is the last word in the Old Testament?
2. By which previous name was Paul of Tarsus known as?
3. Whose wife was turned into a pillar of salt when she looked back?
4. In the Bible, who is said to have lived on a diet of locusts and wild honey?
5. How many years did Noah live for after the flood?
6. There are only three angels named in the Bible, Michael and Lucifer are two, name the other?
7. The book of Esther is unique because it does not mention which word?
8. The Bible was written in three languages - Hebrew, Koine Greek and which other language?
9. Who made the first translation of the Bible into English in 1382?
10. Name the longest book of the Bible with 150 chapters?
11. In what city was Jesus born?
12. Who took the place of Judas in the twelve disciples?
13. Who was the older brother of Moses?
14. What kind of wood was Noah's ark built from?
15. Who, following Moses' death, became the leader of the children of Israel?



The VAN-guard Centre

Charity Registration number 1109193

February 2023 Activity report.

End of 2022 activities

The Civic Service for the Mayor of Caerphilly County Borough on 26th November was a very interesting event and a first time for us to attend such a function. Held in the Council Chamber at Penallta House, Tredomen, it was a religious service led by Rev. Dean Roberts, Vicar of the Parish of Bedwas, Trethomas, Machen and Michaelston-y-Fedw. The mayor is a resident in the parish. The mayors of neighbouring boroughs were in attendance together with political and non-political dignitaries. We had never seen so many gold chains in one place! The refreshments were delicious, all lovely cakes with tea/coffee. The Mayor, Councillor Elizabeth Aldworth, has been a good friend to 'VAN-guard' over the years and we were delighted to attend her special day.

There was an excellent concert on 27th November when the audience was treated to a performance of superb voices by a group of singers involved with Cardiff Opera. The run up to Christmas was very busy with three concerts on the same weekend, but these dates were the only ones the performers concerned were able to offer. We are happy to say that all went well. Two concerts were supported by the Deputy Lieutenant of Gwent Mrs Agnes Xavier-Phillips and her husband Nigel. They were joined by the Mayor of the Borough, Councillor Elizabeth Aldworth, for the Caerphilly Community Chorus Concert.

Activities 2023

The groups have returned after their seasonal break, and we are delighted that Caerphilly Wind and Strings are returning to rehearse with us on Wednesday evenings once a month. This means that there are music activities at the centre for two evenings a week and on one week every month there will be three.

January is busy on some weekdays and on weekends with Cardiff Opera rehearsals, recordings for audition material for various soloists, and the recording of a CD by Volante Opera. Some church members will have heard two of the tenors when they gave a concert at 'VAN-guard' last October called 'The Three Tenors.' We missed it due to Covid but received several emails and telephone calls informing us that the concert was superb. We hope they will come back and perform here again.

N.B. The University of the Third Age next meet on Friday 3rd February at 1.30 p.m. The talk will be on St. Fagan's. It is a very friendly group of retired folks, and the talks are very interesting.

EVENTS DETAILS

We are already quite busy with concerts starting in February and going through to July.



Saturday 11th February at 7.00 p.m. a Piano Recital by Giordano Ferla.

Giordano began playing the piano at an early age and gained a place at the 'S. Cecilia' Conservatoire in Rome at the age of eleven. He graduated from the Royal College of Music in London and completed his postgraduate studies at the Royal Welsh College of Music in Cardiff. In May 2019 he was accepted onto the Live Music Now scheme in Wales with Mezz-Soprano Nicole Boardman with whom he regularly performs. He is currently the Musical Director of Serenata and Cantorion Pontyclun Ladies Choir and a Piano and Chamber Music tutor at the RWCMD Junior Conservatoire and regularly collaborates with the senior department. He will be performing in Rome, the place of his birth, two weeks after his performance at 'VAN-guard' when he will play music by Handel, Faure, Debussy, Ginastera and Scriabin. This information is but a taster about the talent of this young man.

There is free entry and a retiring collection.



Advance Notices

THE ANNUAL DAVID HAWTHORN MEMORIAL CONCERT

The date is **1st July** when there will be an evening concert in aid of **Blood Bikes Wales**. This concert was postponed from 2020 because of the Covid lockdowns. This year's planning is in the safe hands of David Fortey.

Mr Jeff Cuthbert, The Police and Crime Commissioner for Gwent, will continue in his role as Patron of our Gala

The ART, CRAFT and LITERATURE EXHIBITION 2023



As mentioned previously, we have moved our annual exhibition to the spring. It will also be shortened to one week rather than ten days. Poor weather in November was one reason for the move and we hope to have better weather after Easter. We also felt that ten days was a long time to find cover for 'meet and greet.' We were relying on the same small group to cover these important tasks. Help is always welcome. The judges will again be Dr Hefin David, Senedd Member for Caerphilly for the Artwork, and Mrs Jackie Askey, Chair of the VAN-guard Centre Committee, for Literary entries.

Submissions will be accepted on the afternoon of
14th April 4-6 p.m.

Exhibition will run from
Wednesday 19th -Wednesday 26th April.

Please pass this information on to any folk you know who may be interested in participating.

Further details and will be available in the coming weeks.

Mair

CAERPHILLY FOOD BANK

Box for donations at the back of the Church

Tinned fruit, tinned rice pudding, UHT milk, tea, coffee, biscuits, juices / squash, soup, tinned meat and fish, tinned vegetables, pasta / curry sauces.

At the Food bank we like to put in some 'extras' when we have them, for example -

Shampoo, shower gel, toothpaste, toothbrushes, soap, chocolate / sweets.

Please note that Pasta and beans are not needed at the moment.

Carrier bags also needed.

THANK YOU!



Have Faith in God My Heart

Have faith in God, my heart,

Trust and be unafraid;

God will fulfil in every part

Each promise He has made.

Have faith in god, my mind,

Though oft thy light burns low;

God's mercy holds a wiser plan

Than thou canst ever know.

Have faith in God, my soul,

His cross for ever stands;

And neither life or death can pluck

His children from his hands.

Lord Jesus, make me whole;

Grant me no resting place,

Until I rest, heart, mind and soul,

The captive of thy grace.

Bryn Austin Rees

Moving On!

Sally Ball has been a very loyal and supportive member of our church for some considerable time but now she will be moving in the coming weeks to live nearer her family.

You will be missed, Sally and we send with you all our best wishes for the future. Every blessing!

What Do We Get From Worship?

We are lucky in Van Rd to be offered worship from people with a range of backgrounds and skills, from full time and retired Ministers to people from our own congregation willing to lead worship. What works in worship for you? Have a think about a service that you attended recently that you liked. What was it about the service you liked? Write it down. Are you willing to share your thoughts with others? We may consider this in a future Church Meeting.

Rob

Quiz answers:

- | | |
|-----|------------------|
| 7. | The word 'God' |
| 8. | Aramaic |
| 9. | John Wycliffe |
| 10. | Psalms |
| 11. | Bethlehem |
| 12. | Mathias |
| 13. | Aaron |
| 14. | Gopher wood |
| 15. | Joshua |
| 1. | Curse |
| 2. | Saul |
| 3. | Lot's |
| 4. | John the Baptist |
| 5. | 350 years |
| 6. | Gabriel |

Welsh SAINTS

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

DWYNWEN ILLTYD TEILO DEWI EDEYRN
 TYDFIL WINIFRED BRYNACH TUDYR
 BRANNOC BRIDGET PADRIG DEINIOL NON
 BRIOC CADFAN ASAPH CADOC FAGAN

ECO BOX—February

The Lord “loves righteousness and justice; the earth is full of the steadfast love of the Lord.” (Psalm 33:5)

Heart to Heart

Rejoice, Sing, Praise the Lord! So begins Psalm 33 Why? Well, because of God’s **Hesed**, that is, God’s steadfast love, mercy, kindness. Hosea speaks God’s word against the people because of their corruption, the injustice and unfairness with which they treat the poor and the marginalised. But into this judgement, in ch 12: comes hope, in the echo of words spoken to Jacob at Bethel,

“The Lord God is Almighty and you must return to your God” . . . How do you return to God? Hosea continues, “commit yourselves to love and justice and never give up on God!”

The focus for February are two campaigns: Climate Coalition’s “Show the Love” and Fairtrade’s campaign to emphasise the need for justice with Fairtrade Fortnight. But we do not want to pickup these things for a couple of weeks, we want these things at the centre of our heart. Fairness, justice, mercy, steadfast love, this is God’s love, this is Jesus’ love shown on the cross—where love and justice meet and evil is defeated.

Jesus said “a new commandment I give unto you, that you love one another as I have loved you. By this shall all people know that you are my disciples.” (Jn 13:34)

Let us pray:

Reflect on the words of Psalm 33.

Sing for joy; Praise the Lord; Sing to him. Then sit in silence and wait for the Lord, the God of steadfast love and justice. God is the awesome creator of all things. Pray for creation. Pray for the people. Pray for the nations. Pray for those suffering famine and disease.

Wait again on the Lord and pray the words of Psalm

Get Active:

Two websites for ideas and actions:

<https://www.fairtrade.org.uk/>

<https://www.theclimatecoalition.org/show-the-love/>

- Get crafting, make some green hearts and turn the page for lots more ideas on the Show the Love website.

- Let your MP get to know you and your passion to see love and

justice prevail when it comes to climate matters in our nation and our world.



RECYCLED PAPER RECIPE

What you need: old newspapers or scrap paper, bucket, wooden spoon, square frame with mesh stretched over it (you can buy a paper making kit with this frame in it), flat piece of wood, plastic tray/container larger than the metal frame

What you do:

Tear up 2 or 3 single sheets of newspaper and add them to a bucket with about 5 cups of water. Leave to soak overnight.

When the paper is soft, use a wooden spoon (or your hands if you prefer) to break the mixture down to a pulp.

Place the metal frame in the plastic container and pour about 2 cm depth of water into the container so that the mesh is immersed in water. Pour a cupful of mushy paper from the bucket over the mesh and spread it evenly with your fingers.

Lay out a piece of newspaper on the table. Carefully lift out the mesh and let the water drain. Then place the mesh with the pulp on it onto the opened newspaper.

Close the newspaper onto the pulpy mesh and carefully turn the whole thing over so that the mesh is now on top of the pulp. Keep the newspaper closed.

Place a piece of flat wood over the newspaper and push it down hard to squeeze out the water. Open the newspaper and take out the mesh, then leave the newspaper open for at least 24 hours so the pulp can dry.

Cont ...

Place a piece of flat wood over the newspaper and push it down hard to squeeze out the water. Open the newspaper and take out the mesh, then leave the newspaper open for at least 24 hours so the pulp can dry.

Once it is dry, peel off your new sheet of paper and use it!

Why not mix grass or flower seeds with your newspaper when you create the pulp.

Use this paper to create a card for someone you love and show them the love of Creation. If you have added seed then you can place it on the ground to show the love.

Use only flowers, leaves, and seeds that have fallen from trees, or pick a few from your garden. Do not take plants from private land, parks, or nature reserves.



WHAT'S ON THIS MONTH

Show the Love

<https://www.theclimatecoalition.org/show-the-love>

Every February since 2015, people from across the UK have taken part in the Climate Coalition's Show the Love campaign. They've used the power of green hearts to ask politicians to keep up the momentum on the climate crisis. When you make and share a green heart, you're sending a clear message to decision makers that you care about climate, nature and people.

Why not get involved with your church? You could:

- organise an event during February
- reach out to the local community
- get together to do a green heart crafting session
- hold a green heart cake sale
- invite your congregation to write to their MP about why climate action is important.



Fairtrade Fortnight 2023

27 February – 12 March 2023.

This Fairtrade Fortnight, join us in spreading a simple message: choose Fairtrade now and help save our favourite foods.

Did you know cocoa, bananas and coffee could soon be much more difficult to find on our shelves?

Climate change is making crops like these harder and harder to grow. Combined with deeply unfair trade, communities growing these crops are being pushed to the brink.

But here's the good news.

More of us choosing Fairtrade means extra income, power, and support for those communities, as they work to build sustainable and prosperous futures.

So not only is choosing Fairtrade is best for people and planet, it could help save everyday treats like chocolate, bananas and a hot cuppa!



From 'How To Kill A Church by Rev. Mike Shephard

I almost went to church last night
But couldn't find the time;
So much to do about the house,
To leave it would be a crime!
So I brushed and sewed and polished
And went wearily to bed.
But I made a resolution
To go next week instead.

I almost went to church last night,
but then an old friend came;
And to have closed the door on him
would have been a shame.
So we talked, chatted and gossiped
until the goodbyes were said,
But I made a resolution
to go next week instead.

I almost went to church last night,
but something made me late,
And unpunctuality is a sin I really hate!
So I didn't go and stayed at home
And to my conscience said;
I'll make a resolution
to go next week instead.

I almost went to church last night,
 but a certain preacher was there;
 and for that type of preaching
 I really didn't care.
 So rather than go to church
 And come home with a heavy head,
 I made a resolution to go next week instead.

I almost went to church last night,
 But my favourite programme was on;
 And by the time it ended
 The time for church had gone.
 So I stayed before the telly
 Until the set was dead.
 I'll make a resolution
 To go next week instead.

I actually went to church last night,
 But I went too late!
 The church was locked and silent,
 "For Sale" was on the gate.
 Oh, the remorse that then I felt,
 For that little cause was dead;
 And I, 'twas I who killed it,
 By going next week instead.

Thanks to Sally Ball for this poem.

We hold in our prayers -



Frank and Phyllis Frayling

Rev Malcolm Shapland Diana Hibbert

Vernon Holland Barbara Lloyd

Carol Booth John and Mair Wade

David and Carolyn Jenkins

Huw and Mary James and family

Judy and Rod Jarman Dennis and Shelagh Pollard

Margaret Webb

All those still affected in any way by Coronavirus in the UK, Europe and in developing nations.

All those working in the NHS and in Social Care.

Those who have lost their employment and those fearful for their jobs and struggling with the rising cost of living.

Those countries facing hardships, particularly in Pakistan, Afghanistan, Somalia, Iran and Yemen and all those desperate for their safety and future, particularly the people of Ukraine.

Those people helping to welcome and settle refugees.

Charities such as Christian Aid as they set about helping those in need.



CHURCH ELDERS

Mrs Enfys Hawthorn 02920 866840

Ms Lynda Jones 02920 884022

Mr Robert Moverley 02920 866336

Dr Peter Speakman 02920 883968

Mrs Phyllis Frayling 02920 862285

Mrs Margaret Baldwin 02920 867027

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)



**Work with enthusiasm, as though you were
working for the Lord rather than for people.**

Ephesians 6:7