

INFORM



FRIDAH

URC
VAN ROAD
CAERPHILLY
May 2026

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**A Message from our Pastorate Minister,
Rev. Clare Nutbrown-Hughes**

Annwyl ffrindiau,

Dear friends,

Earlier this year Diane, Rob and I spent a morning in Penarth hearing from representatives of Christian Aid Kenya and their partner organisation, Beacon of Hope, which will feature in this year's Christian Aid Week. We came out inspired after hearing how women living in cramped conditions in Nairobi had been empowered to create mini gardens which provided vital nutrition for their families as well as a source of income from selling surplus produce. It wasn't a particularly ambitious project in terms of scope, but in terms of impact, these tiny gardens, sometimes vertical gardens, were hugely transformative.

Christian Aid Week (10th-16th May) comes hot on the heels of the elections for the new, expanded Senedd. Our church will be used as a polling station again with people arriving throughout the day on May 7th to have their say in what the new Senedd will look like and what direction they would like our local communities and national life to head in.

This month there will be no avoiding issues and opportunities local, national and global. But perhaps we can take inspiration in that Jesus came to be among us *in this world* and in his time engaged with local issues in his home community, with the religious authorities in Jerusalem and with the Roman occupiers from lands far, far away. We do not worship a distant God but a God who chose to stand in solidarity with us and we are called to join in with the healing, reconciling work he began here.

Within that, the Beacon of Hope project reminds us of the power of small steps and gestures. Our own flower beds in our church car park remind us of how we can build connection and spread joy in a significant way through a relatively small project. Every time I arrive, I smile when I see those flowers and I know local residents have also expressed their appreciation. A huge thank you to everyone involved. It is easy for us to be conscious of what we cannot achieve, but small seeds have a way of surprising us as Scripture tells us! Wonderfully too, Christian Aid Week allows us the opportunity to join with churches right across the UK and Ireland to support projects around the world in ways that bring hope on a remarkable scale.

As spring explodes and life is all around, may we be guided in how we can be a small part of the flourishing of people and communities whether that might be on a local, national or global level.

I look forward to journeying with you this month and do look out for details of our Christian Aid Service and Art Exhibition in this edition.

Pob bendith,

Clare



From the editor ...

CHRISTIAN AID WEEK
May 10th-16th
Turning Hunger to Hope!

This Christian Aid Week, your support could help mothers in Nairobi, Kenya, facing the devastating reality of urban poverty and the daily struggle to feed their children.

Most parents wake every single day knowing that they must go and earn money, otherwise their children won't eat that evening. Fridah knows this reality well. But she's determined to protect her grandchildren from hunger.

Through our partner, Beacon of Hope, she's received tools, seeds and training to grow fresh vegetables in a small city space – food she can cook for her family or sell to earn income.

'Now I can plan. I can buy this; I can buy that. I can help my family.'

Please do all that you can to support Christian Aid in the wonderful work they do.

Diane.



Diana Gichengo is calling on the UK Government to put people before profiteers — join her.

My country, Kenya spends more on paying debts than on healthcare and education combined"

"Hospitals lack nurses and medicines. Classrooms are overcrowded. Farmers are left without support. When debt comes first, people come last.

Debt is now at its highest in the history of Kenya. To keep up with repayments, the government is selling tomorrow to survive today.

Many debts squeezing Kenya are owed to private lenders who make vast profits whilst we face crisis. These debts are governed by UK law. The UK could limit the power of private lenders by introducing new debt justice laws that could help tackle poverty."

Stand with Kenya. Demand debt justice. Sign the petition. Go to the CA website.



Whitsun/Pentecost Hymn

Gracious spirit dwell with me,
I myself would gracious be;
And with words that help and heal
Would thy life in mine reveal;
And with actions bold and meek
Would for Christ my Saviour speak.

Truthful Spirit dwell with me.
I myself would truthful be;
And with wisdom kind and clear
Let thy life in mine appear;
And with actions brotherly/sisterly;
Speak my Lord's sincerity.

Mighty spirit, dwell with me,
I myself would mighty be;
Mighty so as to prevail
Where unaided we might fail;
Ever by a mighty hope
Pressing on and bearing up.

Holy Spirit dwell with me,
I myself would holy be;
Separate from sin, I would
Choose and cherish all things good;
And whatever I can be
Give to Him who gave me thee.

Thomas Toke Lynch 1818-1871

Lectionary Readings



May

3rd

**Acts 7:55-60; Psalm 31:1-5, 15-16;
1 Peter 2:2-10; John 14:1-14**

10th

**Acts 17:22-31; Psalm 66:8-20;
1 Peter 3:13-22; John 14:15-21**

17th

**Acts 1:6-14; Psalm 68:1-10;
1 Peter 4:12-14;5:6-11; John 17:1-11**

24th

**Pentecost
Acts 2:1-21; Psalm 104:24-34, 35b;
1 Corinthians 12:3b-13; John 20:19-23**

31st

**Genesis 1:1-2-2:4a; Psalm 8;
2 Corinthians 13:11-13; Matthew 28:16-20**



Pulpit Supply

3rd, 10.30am **Bank Holiday**
Rev Clare Nutbrown-Hughes

10th, 10.30am **No morning service due to 10k run.**
4pm **Christian Aid Service**
Rev Clare Nutbrown-Hughes

17th, 10.30am **Rev Clare Nutbrown-Hughes**

24th, 10.30am **Pentecost**
Bank Holiday
Rev Clare Nutbrown-Hughes
Communion

31st, 10.30am **TBC**

Mid-week Communion

Tuesday 12th May
10.30am
Rev Clare Nutbrown-Hughes



Immigration and Asylum

Immigration and Asylum will be one of the issues politicians will be discussing in the run up to the Senedd Elections. Last week, a number of us were privileged to hear the first hand experience of Yuliia Bond - a Ukrainian Refugee living in Caerphilly who works with Asylum Seekers in the Caerphilly area. She was able to give some stats and dispel some of the myths around this subject.

Some of the information Yuliia shared was: the top 4 counties hosting refugees are Columbia, Iran, Turkey and Germany - the UK is a long way down the list; refugees account for about a third of the overall net migration figures (many come on work or student visas); asylum seekers are given £49-18 per week to live on, with an extra £5-25 if you are pregnant; as a percentage, Wales has fewer refugees and asylum seekers than other parts of the UK. Once refugee status is granted you have 28 days to find accommodation (up to 56 days if you are vulnerable.)

I was contacted recently by one party who promised to 'Remove all the Illegal Immigrants living in hotels in Wales'. I found out at the end of 2025 this amounted to 76 who were all in Cardiff (source BBC website.) More importantly, it is the Home Office and not local authorities or the Welsh Government who are responsible for finding housing for Asylum Seekers. Another fact I have found out is that at the end of 2025 there were 96 Asylum Seekers housed in Caerphilly County Borough.

Immigration is of concern to many people, but it is important that we know the facts before coming to conclusions.

Rob Moverley

May Eco Suggestions from A Rocha

Support Pollinators Nothing says spring like the buzz of a bee. But these precious pollinators are declining due to habitat loss, climate change and agricultural intensification. Wednesday 20th May is World Bee Day, so look around to see how you can improve habitats for bees and other pollinators.

Read more about bees, butterflies and habitats to support them in our Target 25 resources at-

arochoa.org.uk/what-we-do/target-25

Sow a pollinator friendly seed mix, make or buy a bee hotel, let some wild flowers grow in your garden and don't use pesticides. Pray that our pollinator populations increase.

For more about World Bee Day visit:

awarenessdays.com/awareness-days-calendar/world-bee-day/



PLEASE ADVERTISE THIS FORTHCOMING EVENT TO ANY LOCAL ARTISTS AND CRAFTS PEOPLE THAT MAY BE INTERESTED IN EXHIBITING AND/OR SELLING THEIR WORK

ART EXHIBITION

VAN-GUARD AT VAN ROAD URC

TUESDAY 12TH MAY-SATURDAY 16TH MAY
10am-4pm

Submissions must be able to be hung and can be brought to the church rooms on Friday 8th May from 1.30pm-5.30pm

Up to 3 submissions per person in the first instance at a donation of £2 per submission (going to Christian Aid)

Commission will not be taken but it is hoped that any artists selling a work will make a donation to Vanguard

Further information from-
Diane at
dianemoverley60@gmail.com

THANK YOU!
Volunteers to help steward please.

FLOWER FESTIVAL

June 19th-21st

Theme: 'These we Admire'

**Volunteers needed to do a window display
please and to steward.
Help can be Given!**

See Diane

**Young Wives
Usually first Monday every month
7.30pm
All ladies, any age, welcome**

**Dear Friends,
It is with great sadness that after almost 60 years of
Young Wives' meetings where we enjoyed many
regular speakers, events and outings, we will have
to cut back on our meetings. Our attendance is
down due to various factors such as ill health, age
etc. We will continue to meet on the first Monday
each month for coffee and friendship.**

**Due to Bank Holiday our May meeting is
Monday 11th**

God Bless you all! Carol (Chairwoman)

We hold in our prayers -



Rev Malcolm Shapland

Enfys Hawthorn

Carol Booth Family and friends of Cathy Vernalls

Hilary and Steve Akerman

Phyllis and family

Barbara Stewart Diana Hibbert

**The people of Gaza, Israel and Palestine and those
involved whether willingly or not, in the Iran war.**

All those without a home or warm shelter.

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

Those people helping to welcome and settle refugees.

**World leaders that they make sound, fair and just
decisions particularly in the USA new administration.**

Permanent peace in Gaza and a just peace in Ukraine.

Calendar of Regular Events in the Church

Communion service 2nd Wednesday each month, 10.30am

‘Only Boys Aloud’ rehearse Every Monday, 6.30,

Caerphilly Chorus rehearse Every Friday, 7pm,

University of the Third Age (U3A) First Friday each month
1.30pm (usually)

U3A singing group Thursdays fortnightly, 2pm

‘Young Wives’ (All ladies welcome) Monthly Monday 7.30pm

Bible Study , 1st and 3rd Thursdays in the month, 10.30am


NB Some activities stop during school holidays. Please check for any changes to this list.

Bible Study

Wednesdays 6th, 13th and 20th May

10.30am –12.

**Led by our minister,
Rev Clare Nutbrown-Hughes**



For Air and Sunshine Pure and Sweet

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

HEAVENLY SUNSHINE BLOSSOMS BLESSINGS

JESUS FLOWERS LOVING CHILD GRASS

THANK KIND WOODS BIRDS FRIEND LOVE

LEADING JOYFUL CARE SING FATHER

TREES BEAUTY PURE DAILY HELP

