

5 Biblical tips for finding 'best rest'

Whatever you are doing this summer I hope that you get some time to unwind and refresh and enjoy the weather. If it's a busy work season for you, I hope these tips come in handy when resting time comes for you.

In Mark 6v31, Jesus saw that his disciples were busy and worn out, so he said to his disciples: "Come with me by yourselves to a quiet place and get some rest." It didn't work out quite as anticipated on that occasion although they did get a change of scene, a few interesting boat rides and an unforgettable picnic of fish butties. Perhaps holidays are not hugely relaxing for you either! It does however remind us that Jesus recognised when the disciples needed to rest and recuperate. Jesus also built in periods of rest into their schedule. Taking regular rest is a creation ordinance. God rested on the seventh day. Observing Sabbath rest then becomes a commandment through Moses, and God builds in festivals and holy-days (holidays!) into the pattern of worship and life of his people. Jesus loved heading off in the mountains to pray and spend time alone with his Heavenly Father.

So from this: (1) Recognise the signs that tell you if you need a break. Friends might be able to advise! (2) Take regular rest. Weekly, and also take occasional longer periods of rest too if you can. (3) Sometimes — find a quiet place to be with God. Or cherish moments of quiet when you can. (4) Take Jesus with you. Jesus says come away with me, not take a break away without me. Continue to thank God for the beautiful things we see. Continue to honour God in what we do and say. (5) Get some rest. Jesus needed sleep and rest — so we certainly do too!

Blessings,

John

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Information in this newsletter is correct, as far as possible, at the time of publication. Please see the website for up to date information, as details are subject to change.

Church Office

The church administrator, Magnus, can be contacted on office@penrallt.org or 07934 231788 during the church office opening hours (10am – 4pm Monday to Friday, except Bank Holidays). Please note that Magnus will be taking Tuesdays off in August, and will be attending the Eisteddfod on Wednesday 9th to help with the Cytûn tent, so the office (both physical and virtual) will be closed then.

Deadline for next month's newsletter: Friday 25th August.

Please send information to Magnus (office@penrallt.org). All items should be submitted by email as early as possible.

Children's Birthdays in August

17th: Matilda Oja

26th: Tamilore Sigbeku; Reuben Tough

Service Videos

Recordings of sermons from morning services are available on our [YouTube channel](#) and our own [website](#). Please contact the [church office](#) if you would like a link to recordings of full services.

Giving

We take up an offering during our morning services. There is also a donations box at the back of the chapel which you can use if you would like to give financially towards the work of Penrallt, our mission partners and other projects we support. To explore other ways of giving, please speak to Averil (treasurer@penrallt.org), who will be able to advise.

Morning Services This Month

Morning services start at 10:30am on Sundays with an option to join on Zoom if you are unable to join us in the building (Zoom link on website). We are giving our Sunday school teachers a break over the summer holiday and all services will last around an hour, looking at themes in the Psalms (with a brief foray into Proverbs!). We will alternate between all-age services and ones in which the children will go out part-way through to watch a fun video in the hall. Crèche facilities are available for you to use with your very young children but please do not leave them unattended.

Sunday 6th August

Psalm 23: The Lord is my Shepherd.

All-age service led by Becca Williams.

Sunday 13th August

The Question! Proverbs 30:5,6.

Preacher: Donald Poirot.

Sunday 20th August

Psalm 34: Taste and See.

All-age service led by John Thompson.

Sunday 27th August (Communion)

Psalm 73: Contentment.

Preacher: John Thompson.

Evening Services

We are taking a break from evening services over the summer and will resume in September.

◇ **Alpha**

Our next Alpha course at Penrallt will be starting on **Monday 25th September** (NB not Wednesday 27th as previously advertised) and will run on Monday nights for 12 weeks. Publicity materials and invitations will be available soon, but now is a great time to start prayerfully considering who you can invite and whether you are able to offer your services as part of the Alpha team.

◇ **Barbara Thomas**

We are sad to report the death of Barbara Thomas following a short illness last month. Barbara and Mac attended Penrallt for a number of years while they lived on Anglesey and are fondly remembered by many of us. The funeral will take place at Bangor Crematorium on Wednesday 16th August at 2:30pm, led by Peter Cousins. All are welcome to attend.

◇ **Church Lunch and Fellowship Events**

Please note that there will not be a church lunch or fellowship event in August. Normally these both take place on the first Sunday of the month. For 3rd September we are planning a woodland and coastal walk at Pentraeth. It will be about 4.5km and include some uneven ground and muddy bits. This is a good spot to see wading birds, so you may want to bring binoculars. We will be asking people to sign up from mid-August so we can get an idea of numbers, help to facilitate transport and send you more information.

◇ **Count Me In**

We have recently printed forms to enable you to sign up to help in various areas of church life. Please take one and reflect on how you may be able to serve. Forms can be returned to the Welcome Card box in the foyer or given back to Magnus.

◇ **Foodbanks**

Bangor Cathedral Foodbank (www.bangorfoodbank.org) is open 2 – 3pm every Monday, Wednesday and Friday, operating from Tŷ Deiniol (the Diocesan Centre) next to Bangor Cathedral. They are able to give people up to two emergency food parcels without a referral from another service.

Mosaic church have a Foodbank at Coed Mawr Community Centre, open on Tuesday, Thursday and Saturday mornings, 9:30 – 11am. Contact Christine King on 07734 667011.

◇ **Help needed**

We need 3 or 4 people who are prepared to come early on Church Lunch days (first Sunday of the month) to receive and sort the food as it arrives and get it out onto the tables at the end of the service and Sunday School. They don't have to deal with the washing up as we have an excellent group of volunteers for that. If you feel you could do this find Lesley after a service, or email her on lesley.jay@live.com.

Are you someone who just LOVES recycling? Would you be prepared to collect the recycling from the kitchen each week and deal with it? There isn't an enormous amount except on Church Lunch days when there tends to be an increase in packaging. If this is you see above.

◇ **Hardship Fund**

The church has a small fund to help people in need. If you find yourself in financial difficulty or know someone else that is struggling, please speak with Sarah Jackson (sarah.jackson.home@gmail.com) or John Thompson (minister@penrallt.org) in confidence. If you are in a position to add to the hardship fund, please speak to Averil Francis (treasurer@penrallt.org).

◇ **Homegroups / Contact, Care & Prayer**

We encourage you to join a homegroup if you are not already in one, as they are invaluable in helping us to deepen our relationship with the Lord and with one another. There are groups on Monday to Thursday evenings and on Tuesday and Friday mornings. Most groups meet weekly, though some are fortnightly and we have groups meeting in person and groups meeting online (or a combination of the two). Note that some groups will be taking a break over the summer; please contact Magnus (office@penrallt.org) if you would like to connect with a group.

We also have "contact, care and prayer" to enable people to stay connected even if not in a homegroup. A member of the pastoral care team would contact you every 3 weeks or-so to ask how you are and if you'd like to receive prayer support. Please contact the [church office](#) if you are not part of contact, care & prayer or part of a homegroup and would like to be.

◇ **Judith's Art Work**

Judith Bousfield is looking for a non-steam travel iron to use for Encaustic Art as she makes cards for a sale in November. If you have one, please ring Judith on 01248 490956 or leave it for her at church (making sure it's clearly labelled if you do!).

◇ **Kindle Kid's Club**

Kindle, our fortnightly kids' club is taking a summer break and will restart in September. To find out more about Kindle, contact Becca (youth@penrallt.org).

◇ **Open The Book**

Cytûn have *Open the Book* teams that go into local primary schools to deliver dramatized Bible Stories. Open the Book is an initiative by the Bible Society and is a fun and effective way to have a Christian presence in assemblies at primary schools. Please speak to Magnus (office@penrallt.org), a member of the team at Ysgol Hirael, to find out more — and be sure to check out this month's Focus article at the back of this newsletter.

◇ **Penrallt on Facebook, Instagram and YouTube**

We have three Facebook groups:

- *Penrallt* (www.facebook.com/groups/2402772192)
a general group for information and social interaction
- *Penrallt Prayer Point* (www.facebook.com/groups/30262793231755)
a private group to share prayer requests and encouragements
- *Penrallt Students* (www.facebook.com/groups/195300234272943)

We also have a YouTube channel and a Facebook page (both called *Penrallt Baptist Church*), as well as another Facebook page for our young people, and now also an Instagram account:

www.youtube.com/@penralltbaptistchurch

www.facebook.com/penralltbc

www.facebook.com/penrallyouth

www.instagram.com/penralltbaptistchurch/

◇ **Pastoral Help**

If you have issues of concern about your own or someone else's welfare, please contact a member of the Pastoral Care team: Jan Ablett (07703 188632); Magnus Forrester-Barker (07890 109645); Geoff Moore (01248 410582); Monica Morris (07827 472637), Abi Penney (01766 890624); John Thompson (07931 150697). Please pray for them.

◇ **Prayer Resources**

Send prayer requests, thanksgivings and testimonies to our email prayer diary via office@penrallt.org — use this address, too, to subscribe to the prayer diary, which goes out every week (usually on Mondays). We also have a more interactive Facebook prayer group (*Penrallt Prayer Point*). To pray with others, you are welcome to join our weekly Zoom prayer meetings on **Wednesdays at 11:30am** and on **Saturdays at 8:30am**; please contact the church office if you need the connection details for either meeting (also listed at the bottom of our email prayer diary each week). *Note that **the Saturday meeting is taking a break in August***. Our monthly evening prayer meeting is part of our evening service structure; the next one will probably be in September.

◇ **Renew 57**

All are welcome to come to Penrallt on a Thursday morning, where the Canolfan (rear hall) is open from 10:30am to 12:30pm. Bring a hobby to share with someone else, have a cup of tea or coffee and some toast and a chat. There is a separate prayer space (in a different room) available throughout this time for quiet reflection with optional opportunities to be led in short gentle contemplative prayer in the prayer space at the beginning and the end. This is a place where it is "OK not to be OK". An opportunity to give some attention to our mental and spiritual well-being. Please pray for the team. If you'd like to know more, speak to Adrienne (adrieferrada@hotmail.co.uk) or Magnus (office@penrallt.org) or, even better, drop in and see for yourself.

Please note that we plan to run Renew 57 throughout August but may need to cancel a session at short notice if not enough team members are available that day. You are advised to check the website each week before attending, as we will endeavour to post notice there of any cancellations. Also, there probably won't be toast at the sessions in August.

◇ **Soul Sisters**

Soul Sisters is Penrallt's women's fellowship group. On Saturday 12th August, Jan Ablett has kindly volunteered to host a barbeque at her house in Caernarfon at 11am. Further details will follow by email with directions. Please contact Averil Francis (tel. 01248 421744; email: treasurer@penrallt.org) if you are not already on the group's mailing list and are interested.

If we could have numbers who are going to attend and ask everyone to bring a dish of salad/strawberries etc., it would be much appreciated. Please could you contact Averil beforehand (contact details as above). A warm welcome is extended to all women, friends and family.

◇ **Students**

We love to welcome students as part of our church family. To learn more about what activities are available, or just for a friendly chat, drop our student co-ordinator, Becca (students@penrallt.org) a line. Also, don't miss our [Penrallt Students](#) Facebook group.

◇ **Youth: Ignite and Deeper**

Our main youth activities are a Thursday night group called *Ignite* (usually meeting in the Canolfan at 7pm) and a Sunday morning group, *Deeper* (during our service). Ignite, a social evening with games and activities, is open to all. Deeper provides opportunity to find out more about the Christian faith. Find out more on our youth website, www.penralltyouth.org, as well as our [Penrallt Youth Facebook page](#) and [Instagram group](#). Contact our youth worker, Becca (youth@penrallt.org), for more information. Both groups are taking a summer break. Deeper will restart on 10th September and Ignite on 14th September.

Focus on...

Open The Book

Sharing Bible Stories in Schools

It is said that a picture is worth a thousand words, but sadly I have no pictures of our Open The Book sessions so I will have to try and paint one for you with my words (and probably not quite a thousand of them)! So, what is Open The Book?

Open The Book (OTB) is an initiative from the Bible Society that, in their words (taken from <https://www.biblesociety.org.uk/get-involved/open-the-book/>), "is an exciting storytelling project where Bible stories are shared with children in a way that is fun, interactive and memorable. As invited guests in school, storytelling teams use the Open the Book programme to prepare and present a 10–15-minute scripted Bible story to a school assembly, involving the children as much as possible."

The stories are taken from the Lion Storyteller Bible (ISBN: 978-0745977829) and are allowed to speak for themselves, but we get the fun of presenting them with a variety of props, costumes, dramatic voices and actions to help bring them alive for the children (and, dare I say, the staff).

I'm a member of the OTB team at Ysgol Hirael and I joined them when they restarted last September after a break for Covid. We began the school year with the creation story in Genesis and ended it with the story of Jonah, taking a couple of brief dips into the New Testament to present the Christmas and Easter stories. There's plenty left for us to cover in the next few years, and then (God willing) we'll start again at the beginning.

In the course of the year, I've taken on roles ranging from the voice of God to Pharaoh, Goliath and King Herod, as well as Jesus on several occasions. Just before Christmas I found myself playing two different Josephs on consecutive weeks — hopefully none of the children were left thinking that the son of Jacob was also the fiancé of Mary!

I have many fond memories from my first year of OTB. One personal highlight was the collective gasp of wonder and delight as I (in a rare on-stage appearance as God) unfurled a rainbow umbrella and gave it a twirl at the end of the Noah's ark story. I hope that such moments also stick in the minds of the children (and staff) and help them to remember the stories and the message within them.

It's not just the children (and staff) who learn from these sessions. I had the role of Jesus when we presented the crucifixion story and I was profoundly moved by a detail that I've previously been inclined to gloss over when reading the story — the tender moment when Jesus asks John to take care of his mother. (I also had the joy of being recognised as Jesus recently by one of our Sunday School children from Ysgol Hirael.)

I could happily talk about OTB until the cows come home, but I'm running out of space (and I've reached about 500 words, so I guess this is half a picture). Feel free to grab me for a chat if you'd like to know more. And please do pray for Open The Book — both in Hirael and other local schools and further afield, that we'll continue to have the opportunity to take the Bible into schools and sow seeds that will help children (and staff) discover in these stories not just words, but the Word of Life.

Magnus