



Penrallt Baptist Church

Newsletter: July 2015

From the Minister:

Phil, my favourite atheist friend, strode in wearing a bright yellow day-glo badge which announced "Smile, someone probably loves you (to our best definition of love)." He saw me with a screwdriver and a pile of electronic bits and pieces.

"What are you inventing?" he asked, surprised to find me doing something useful.

"An anti-gravity ray" I replied confidently.

"Wow! And what's that going to do?"

"Well, next time the neighbour's cat goes after the robins' nest, I point the ray gun, the Higg's bosons get all energized and confused, momentarily reversing gravity and firing the cat six feet up in the air so it can demonstrate its ability to land on all four paws. What do you think?"

"Your second greatest invention!"

"And my first is?"

"God, of course."

"Do you never grow up?"

"Never."

"Listen," I said, "I've told you before. You invented a fake god full of fury and revenge and then announce you don't believe in him. Well, I don't believe in your invented non-god either. The God I've encountered is nothing like the one you've invented. He's real for a start."

"The world's full of invented gods, Peter."

"And always has been. In fact that's one of the major complaints the Bible makes. It says that the human race swapped the real God for made-up ones based on what's been created, not on the creator. If you read the Bible you'd be surprised at how much you agree with it."

"But your god is invented too."

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"You can't know that until you start looking into it seriously yourself. The fact that the human race is always searching for some kind of spiritual meaning is a pretty good indication that we are hard wired to know God and enjoy him. I agree with you that history is full of invented gods but that just shows our deep longing to put something in place until we find him."

"And then suddenly into history walks . . ."

"Jesus."

"Ah," said Phil, "I should have seen him coming."

"Strangely enough hardly anyone did see him coming. But it makes sense, After so many false starts and false hopes, God intervenes in a big way. Like, Pow! And here is performing miracles, raising the dead, handing down the most radical teaching in history, dying on the cross for the sins of the world and rising from the dead. I don't see how you can ignore him."

"And I don't see how you can believe it."

"Because I have a deep longing for God, Jesus makes sense, and when I turn to him all the spiritual lights come on in my life. It will work for you too. Here's a Bible. Let's start reading it together?"

"Hmm. Maybe not today. Can I have a go with your anti-gravity ray gun?"

"Well, on that point, I was joking."

God bless,

Peter

Our Speakers in June

Revd. John Robinson is an American/naturalized-Welshman who lives in Bangor and works with speakers of the Celtic languages. He is a linguist who specializes in Celtic languages. **Delvin Varghese** is this year's Student Coordinator who will be leaving us in September to pursue a PhD in Newcastle. **Revd. Peter Cousins** is our minister and is the speaker except where otherwise noted.

Services This Month:

Remember that the evening services in June, July and August begin at 7pm.

5 July

10:30am **You lose touch with God when you...** *Mark 7:1-23*

7:00pm Communion Service.
The lonely road of faith *Joshua 14:6-15*

12 July

10:30am **You can't keep the lid on God's Kingdom** *Mark 7:24-37*

7:00pm **The Book of Promise** *Joshua 14:1-5*

19 July

10:30am Speaker: John Robinson.

7:00pm Speaker: John Robinson.

26 July

10:30am Communion Service.
Going down with Jesus to come up in glory *Mark 8:22-9:1*

7:00pm Speaker: Delvin Varghese.

Dates For Your Diary:

(Tuesday 30 June)

Half-night of prayer for Penrallt (7:30-11:30pm).

Wednesday 1 10:30am

Men's prayer meeting followed by coffee in Options.

Sunday 5 2:15pm

Service at Haulfre Residential Home in Llangoed.

Monday 6 7:30pm

Church members' meeting.

Friday 10 12pm

24 Hours of Prayer in the Cathedral.

Saturday 11 9:30am-1pm

Bible Unzipped at Rhos-on-Sea URC.

Sunday 12 3:00pm

Praise on the Pier with Cytûn (Churches Together)

Monday 13 2:00pm

Pastoral Care Team meeting.

Monday 20 10:30am

Church walk.

Saturday 25 12:00pm

Wedding of Siân Morgan and Al Rowlands at Penrallt.

Monday 27 7:30pm

Missions Group meeting.

Friday 31 7:30pm

Half-night of prayer for Penrallt.

Please see the Noticeboard section of this newsletter for more about many of these events.

News of People:

Mel Worsnip is home from hospital but very unwell and struggles to leave the house. **Ian Kelso** has begun radiotherapy. **Mandy Shanks** continues to battle with her infirmities. **Jean Browne** has just moved into a nursing home; if you wish to send her a card, the address is St Luke's Nursing Home, 35 Main Street, Scothern, Lincoln, LN2 2UJ. **Tony Mason** is still very unsteady on his feet. Please remember all these in your prayers.

Children's Birthdays in July:

5th: Cadi Evans

16th: Georgina Osborne

19th: Katherine Adams

22nd: Llinos Davies

Weekday Events:

Please check with the contact people when there are meetings this month.

HG = Home Group

Day	Time	Details	Contacts
Tue	8:00pm	HG, Nilgiri	Joan Beer (353874)
Tue	7:30pm	HG Tyddyn Isaf (Menai Bridge)	Magnus Forrester-Barker (717570)
Wed	2:00pm	HG, Carers	Carol Morris (208407)
Wed	7:30pm	HG, Bethesda	Jon & Deb Stammers (602868)
Wed	7:30pm	HG, Nomads	Susan Cousins (353878)
Thu	10:30am	HG, Llanfairpwll (am)	Sue & Lawrence Moss (713793)
Thu	7:30pm	HG, Llanfairpwll (pm)	Sue & Lawrence Moss (713793)
Fri	10:30am-12pm	Cheeky Monkeys (parent/toddler group)	Joan Rymer (713003)
Fri	10:30am-12:30pm	HG, Maes y Dref (am)	Anne Collis (353173)
Sat	8:30am	Prayer Meeting	

Noticeboard:

◇ **Beacons of Prayer**

Lynn Green, the General Secretary of the Baptist Union of Great Britain, has recently been on the receiving end of a powerful spiritual experience. She is blogging about it and invites you to join in her call to prayer. Here is the link:

http://www.baptist.org.uk/Groups/260844/Beacons_of_Prayer.aspx

And while you are on online, don't forget to visit Jenni Entrican's *Daring Greatly* Facebook page (<https://www.facebook.com/groups/930158327006514/>).

◇ **Bible Unzipped** *Saturday 11th July* *9:30am*

Bible Unzipped aims to unpack Scripture with those interested in learning more than can be offered in a Sunday sermon. It also equips those leading in the church with some tools for studying and teaching from the Bible. We meet monthly on the second Saturday morning at Rhos-on-Sea URC from 9:30am to 1pm. Each morning includes three sessions. The course is free. This month: *Learning to Love Proverbs (part 2)* (by Peter Cousins), *How to listen to a sermon* by Rob Beamish and *The Bible Text (part 2)* (by Julia Bartholomew).

◇ **Car Parking**

Free parking is available on Sundays in Fron Heulog (the School of Healthcare Sciences) behind the Catholic church. The car park next door to Penrallt is now pay & display with no special rates for the disabled. Morrisons are happy for you to park in their car park on Sunday mornings and do your shopping after the service provided you register your car registration number at their information desk beforehand. Morrisons say they switch the cameras off to make the car park available to us on Sunday/weekday evenings after 6pm. *Please note that the private pay and display car park next to the church often shuts at 6pm.*

◇ **Church Lunch**

We will host a church lunch on **Sunday 5th July**. Please bring enough buffet style 'finger food' for yourselves and one or two others.

◇ **Church Walk** *Monday 20th July* *10:30am*

This month we meet at the car park on Traeth Lligwy beach (SH495870), to start the Mynydd Bodafon circular walk, about 7 miles long. This is a lovely route, taking in all the walking environments that the island offers – coast, mountain, woodland forest and farmland.

◇ **Half Nights of Prayer for Penrallt**

We are holding 3 half-nights of prayer to help us seek God's guidance for the future direction of Penrallt's ministry. Tuesday 30th June, Friday 31st July, Monday 31st August, 7:30 - 11:30pm; please come for as long as you can but feel free to come and go as you need to.

◇ **Men's Prayer Meeting** *Wednesday 1st July* *10:30am*

Time spent in prayer will be followed by coffee in Options. All are welcome to join us.

◇ **Pastoral Help**

If you have pastoral concerns please contact Peter or one of the other members of the Pastoral Care team: Pat Borlace 713146; Adrienne Ferrada; Geoff Moore 410582; Judy Stammers 364394; Helen Thomas 600174.

◇ **The Prayer Room...** is open before and after the service for quiet prayer. Penrallt is a place of prayer, so make use of this sacred space.

◇ **Pray for Penrallt Every Day**

We believe in prayer and encourage people to pray. You can send prayer request to our electronic diary via office@penrallt.org (there are also prayer cards in the church porch that you can fill in). Better still, you can receive the prayer diary straight to your inbox every Monday by emailing the office now and requesting to be put on the list. And for more immediate sharing and response in prayer why not search on Facebook for *Penrallt Prayer Point* and send a request to join our group dedicated to prayer.

◇ **Rough Sleepers**

The church's policy is not to give money directly to the rough sleepers in Upper Bangor. Be warned that some of them can be aggressive. You will find brown envelopes in the porch for a gift that will buy meal vouchers which are distributed to rough sleepers by the Cathedral. So far Penrallt has contributed £5,455 to this scheme.

◇ **Sunday Afternoon Services**

We visit residential homes in the area once a month on a Sunday afternoon, alternating between Haulfre (in Llangoed, on Anglesey, starting at 2:15pm) and Plas Garnedd (in Llanberis, starting at 2:45pm), usually on the first Sunday. This month we are due to visit Haulfre on **Sunday 5th July** (please see weekly news sheets or check with the church office for confirmation).

◇ **24 Hours of Prayer in the Cathedral**

Friday 10th July from 12pm

Come and pray for an hour or more in the Cathedral Lady chapel. There will be a creative prayer space for us to pray for our world, our leaders, the healing of our nation, God's heart for the lost, reaching out, God's vision for the future. (if you are unable to come to the Cathedral please sign up for an hour and pray at home). There will be a youth event from 7pm to midnight. Open prayer will resume from 1am until midday. Jennifer Roberts is coordinating the prayer event - to sign up, contact her on rbrjn5@aol.com or 07717754194.

◇ **Wedding:** Siân and Al would love you to join us in Penrallt for their wedding on Saturday 25th July at 12pm.

Deadline for next month's newsletter: Sunday 19 July.

Please send information to Magnus (office@penrallt.org; 01248 353355)

All notices should be submitted in writing (preferably by email) as early as possible.

"Come with me to a quiet place and get some rest" – Mark 6:31

Up until 18 months ago I was a minister with special responsibility for older people in Ashby de la Zouch, in the Midlands. During my ministry, the older people I served taught me the wisdom of pacing myself slowly; the beauty and challenge of solitude and silence; and the value of taking time to listen for God's still small voice in the midst a busy and noisy world.

So when the time came, after ten years, to maybe move on, I felt a call into the quiet, slow-paced retreat ministry that God and God's people had been preparing me for.

Heddiw is a little, one-bedroom cottage right next to our house on Anglesey where we offer a place in return for a donation to charity for those needing to spend time alone with God, to receive rest and refreshment in a quiet place beyond the mountains of their everyday lives.

Some of the people who come are in some sort of transition in their lives, with decisions to make, or the past to reflect on. Some are carers who come for respite. Some wisely plan a quiet space before a busy time. Some need a safe hiding place for a while.

My role is to prayerfully prepare that space so they may find or renew their relationships with God themselves. A space where they feel loved and cared for, safe and without interruptions. Gardens to sit in, mountains to look at and reflect on, an art room to play in, a stocked fridge, freezer and bookshelf, a comfy bed to sleep in.

And, if needed, my role is to share a welcome meal; a listening, non-judgemental, confidential ear, or a more structured timetable of spiritual direction, and sometimes at the end - prayer, or communion to send them on their way.

It has been lovely to explore a new ministry, this time with my husband, Nigel, who is brilliant at encouraging, administrating – and reminding me of my boundaries!! So we would value your prayers for this retreat ministry, and if anytime someone crosses your path who you think may need to come away with Jesus to a quiet place for a few hours, a day, a week – gently point them towards *Heddiw*.

Thank you,

Rev Dr Diane Holmes

For more information, please contact Diane on 01248 430492 or email dibach55@hotmail.com

Focus on...



Tearfund

(The Evangelical Alliance Relief Fund)

Tearfund is one of the Christian charities Penrallt supports both financially and by prayer. So what does it do and where does it work? Tearfund is a leading relief and development charity, working in partnership with Christian agencies and churches in over 50 countries, including the UK, tackling the causes and effects of poverty. It is a founding member of both the Micah Network and the Disasters Emergency Committee.

Water & Sanitation: One recent example of the difference Tearfund has made is in Uganda. Here, Tearfund has partnered with the Diocese of Kigezi in their Water and Sanitation Programme. As a result, 134 water harvesting tanks have been installed and a further eight are in the process of being installed. These tanks have transformed the lives of the villagers. Sanitation and hygiene have improved significantly. Children attend school for longer each day because they no longer need to make the twice-daily walk 2 miles down a mountain to collect water and then carry it back up to the village. There is even water to spare for watering crops, leading to better nutrition and extra income when there is surplus to sell in the local market.

Human Trafficking: Tearfund's **No Child Taken** campaign is seeking to stop the horror of child trafficking. It's estimated that a child is trafficked every 30 seconds. This is modern-day slavery. Nazeeb (14) was held for six months in a factory making zips where he was only allowed three hours sleep each night. Along with 11 other children he ate and slept at the factory. None of them was ever paid.

Disaster Relief: Tearfund has over 40 years' experience in responding to emergencies and disasters. Their partners in Malawi and Mozambique were trained and ready to act when, early this year, nearly 1 million people were affected by flooding following heavy rains. Food and other essential household items were given to those in need and families are being helped to rebuild their homes. In Nepal, survivors of the recent earthquakes are receiving urgent medical treatment and basic essentials from Tearfund partners.

Lobbying is another important aspect of Tearfund's work. Their anti-corruption initiative, **Unearthing the Truth**, resulted in EU leaders agreeing new laws requiring EU-based companies to publish what they pay to governments for access to natural resources. This information will enable citizens to hold their governments to account and check that money is invested in the communities where it belongs. Tearfund is also lobbying for action to mitigate the effects of Climate Change, which often hit poorest communities hardest.

So what can you do to help Tearfund in its mission to bring an end to poverty and injustice? **Please pray. This is so important.** To find out what to pray about, and maybe to make a donation if you feel able, please visit Tearfund's website at www.tearfund.org.