



Newsletter: July 2023

The Bible helps us to wrestle with the difficult questions of life

It's tempting just to read the parts of the Bible that affirm and encourage us. It's good to be affirmed and encouraged! We need that. It's great to be reminded that God loves us (and He does!). It's great to be reminded that we can be empowered by His Holy Spirit (and we can!). It's great to be reminded that Jesus rose from death and conquered the grave (and He did!) and to be reminded that we have life to the full now and will also have eternal life in Him (and we will as we follow Him!).

The Bible is our guide to life and living and relating to God and relating to one another. It contains wisdom in terms of wrestling with issues and problems too. In the Bible we also read stories of the struggles of everyday people and we can learn from them. Jesus didn't shy away from questions of fear, bad leadership, conflict, suffering and inclusivity. We are exploring these in our sermon series. Jesus brought the true revelation of God to these issues and He challenged and comforted the society of His day.

Our society today has questions and is looking for answers. We also have questions. We believe that God both (1) gives us the answers and (2) that he meets us and journeys with us in the complexity as we continue to carry questions. As we wrestle with life. So let's wrestle with the Bible and also be blessed and affirmed by God through it. Let's pray, trust God, and be transformed as we encounter him in worship and as we help one another and reach out in faith.

And as we enjoy the blessing of the summer, let's be filled with the Holy Spirit and allow God's blessing and annealing grace to permeate through us in the joys and blessings as well as in the challenges and struggles of life.

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).

Deadline for next month's newsletter: Tuesday 25th July.

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

Children's Birthdays in July

5th: Odhran Patton

6th: Elvis Oluwamayomikun

9th: Daniel Goldsmith

14th: Ethan Akanbi

24th: Eric Akanbi

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). Children and young people go out part way through the service for Sunday school (Primary school / up to 11) or *Deeper* (Secondary school / 11 – 17); crèche facilities are also available for younger children. The children and young people remain in for all-age services but crèche facilities are still available if needed. From 23rd July we are giving our Sunday school teachers a break; all services over the summer holiday will last around an hour, looking at themes in the Psalms, and 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.

Sunday 2nd July

Teachings of Jesus: Suffering. Why? Luke 13:1–5. Preacher: John Thompson.

Sunday 9th July

Teachings of Jesus: Second Chances and Sabbath. Luke 13:6–17.
Preacher: James Goodman.

Sunday 16th July

Teachings of Jesus: Who can be saved? Luke 13:18–30.
Preacher: John Thompson.

Sunday 23rd July

All-age service led by John Thompson. *Psalms 8: Creation.*

Sunday 30th July (Communion)

Preacher: Lesley Jackson. *Psalms 32: Forgiveness.*

Evening Services This Month

Evening services begin at 6pm on Sundays except where otherwise noted and are not usually broadcast or recorded. Services planned for July are:

Sunday 2nd July (4:30pm at Bangor Pier)

Cytûn *Praise at the pier* service with the other churches of Bangor.

Sunday 9th July

Traditional service led by Owen Lloyd-Evans, who says: "This will be a DIY service where we choose what we sing as we go and prayer will come from within the congregation. You know the kind of thing."

Sunday 16th July

African-themed service led by Solomon Deola.

After 16th July we will take a break from evening services over the summer and will resume in September.

◇ **Alpha**

Our next Alpha course at Penrallt will be starting on Wednesday 27th September and will run 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.

◇ **Bangor YFC**

There will be a prayer meeting for Bangor Youth For Christ at 7:30pm on Monday 3rd July at St. John's Methodist Church (on the High Street, next to Lidl).

◇ **Baptist Leaders' Fellowship**

The next meeting of the Baptist Leaders' Fellowship will be on Friday 21st July at Old Colwyn Baptist Church, from 10am. The session, entitled *Good Grief? — On navigating bereavement*, will be led by Richard Littledale. This event is for anyone in any leadership capacity within the church.

◇ **Church Lunch: Sunday 2nd July**

Our monthly bring and share church lunches happen after the morning service on the first Sunday of the month. All are welcome. Please bring enough finger-food for yourself and one or two others so we have enough to share with our visitors. *Please note that there will not be a church lunch in August.*

◇ **Church Members' Meeting: Wednesday 5th July**

Our next church meeting will be on Wednesday 5th July at 7:30pm, in the building and on Zoom, and papers have been emailed to church members. Please speak to John (minister@penrallt.org) if you would like to know more about church membership.

◇ **Fellowship Events**

Our usual first-Sunday-of-the-month fellowship event has been cancelled to enable us to attend the Cytûn *Praise at the Pier* service on 2nd July (see previous page for details). We will be taking a break in August and aim to restart in September.

◇ **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).

We also have "contact, care and prayer" to enable people to stay connected even if they are not in a homegroup. This is where 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.

◇ **Kindle Kid's Club**

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

◇ **Meet Lynn Green**

You are invited to an informal evening meeting with Lynn Green, General Secretary of the Baptist Union of Great Britain, on Saturday 15th July at Old Colwyn Baptist Church. The event will include food. If you would like to attend, please inform Alan & Janice Brown (alanjaniceministers@icloud.com) by 9th July or speak to John for more information.

◇ Missions Prayer Meeting

We will be meeting at 7:30pm on Wednesday 26th July on Zoom to hear news updates from our mission partners and to pray for them. You are welcome to join us. Contact Magnus (office@penrallt.org) if you would like the Zoom details.

◇ 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 assembles at primary schools. Please speak to Magnus (office@penrallt.org), a member of the team at Ysgol Hirael, to find out more.

◇ 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/penralltyouth

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). 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.

◇ **Soul Sisters**

On Saturday 8th July, we will be meeting at Treborth Botanic gardens for a short walk and a picnic (snack — bring your own refreshments). We will meet at the glasshouses at 10.30. Parking is limited but if the entrance to the running track at the end of the road is open, there is plenty of room there. If anyone would like a lift, please contact Averil by the Friday. If it is raining we will meet at Penrallt. A warm welcome is extended to all women, including friends and family.

Directions: *From Bangor*, drive towards Menai Bridge, take second exit at Antelope Roundabout. Take the left turning immediately before the bridge and follow the road past a small industrial estate and then through two stone pillars and continue until you see the glass houses. *From Anglesey*, drive over the Old suspension bridge and turn right at the end of the bridge and continue...

◇ **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 morning services). Ignite is open to all, and is a social evening with games and activities. 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. The last Ignite session this term will be on Thursday 13th July and it will restart on 14th September. Deeper will take a break during the school summer holidays.

Focus on... **Colm & Catherine Ó Brolcháin**

Serving with OM Ireland

Greetings to all the Saints in Penrallt! For those of you who have yet to meet us, we are Colm and Catherine Ó Brolcháin and we are supported by the Penrallt community to serve Jesus with Operation Mobilisation (OM) in Ireland.

The vision of OM is to see many more vibrant communities of Jesus followers across the world. In Ireland, the number of people with a vibrant faith is very small (estimated at 1.5% Operation World). To see this vision become reality we offer training and resources to support small churches. We have 7 team members placed in 4 churches, they are on long term placement to assist the Pastor.

Our other ministry emphasis is to give opportunities for people to receive practical training in Evangelism through a one- or two-week outreach in towns around Ireland. We have an annual timetable of regular outreaches. Coming up this summer:

- A team of 9 teenagers from Northern Ireland will be facilitated to run a Kid's club at an International church near our headquarters. Colm, who drives a Big Red evangelism Bus, will have his first opportunity this year to support the evangelism plans of churches at their local agricultural shows. These are typically one day events but are an encouragement to those churches who 'book' the bus. July is when our 2 week outreach happens, we will have two large groups coming from the Bahamas and from Kenya, in addition to all our team members who lead the 5/6 teams, each supporting a church for 2 weeks of outreach. It is a lot of fun and there is always a great buzz for us on the OM team.
- In August, the bus will be part of the very traditional Irish boat festival in the west and will also be part of the traditional National music festival the 'Fleadh Cheoil' which is in Mullingar this year.

Colm also continues his regular weekly outreaches in two local towns. We see God stirring up a spiritual interest in many teenagers who come on the Bus, they have so many questions about God and faith. Catherine continues serving part time in Pastoral care, as well as supporting our team through the ups and downs of life on mission. If there is any time to spare, she gets stuck into anywhere there is a need like cooking and cleaning for the outreaches.

Our ministry and our team are regrouping after the combined impact of the "Covid years" and the two years where we had no National leader. We praise God for sending us Paul and Gill Collinson. Paul is our new National Director and has been a blessing to our team already.

We are so thankful for the prayer support you gave us when we really struggled to keep the Bus running. It had a few months where it just seemed to develop problem after problem. Please pray for the Lord to continue to draw our teenagers to himself and for all those who will hear the Gospel this summer.

Please know that we regularly pray for you all at Penrallt and we are planning to visit in the Autumn this year... dates to be confirmed!

Love and blessings, Colm and Catherine

PS. Recent photo of Colm, Catherine and Bryan and Anne Collis on holidays in Ireland!

