



## Newsletter: November 2024

The church is something very special in the Bible. That's encouraging, as this applies to us! This isn't just something we are when we come together on Sundays, being part of 'the church' is part of who we are. We are 'part of the church' wherever we are and whatever we are doing 24x7x365. Let's pray that we encourage and bless one another, sustain one another, bear with one another. And that we have fun together! Let's pray that we reach out together with the love and good news of Jesus, bring glory to God, we are filled with the Holy Spirit and...

... that we love one another.

Our series on the church comes to completion as we have been covering these topics. The church is:

- a body or an entity where Christ is the head (Col 1v15–23)
- a collection of living stones and a spiritual house, a spiritual temple. Built on Christ as the cornerstone (1 Peter 2v4–10)
- the Bride of Christ. His beloved whom he has rescued and is preparing for an eternal marriage (John 3v29, Mat 9v14, Eph 5v25–33, Rev 19v6–9)
- a people of all nations. Who will worship him with diversity and beauty throughout eternity (Rev 4v9–11, 7v9–10, 21v22–24)
- the Body of Christ — performing the function of being Christ in the world today (1 Cor 12v4–33)
- the people of God: an Oikos (household) an extended church family following healthy patterns of faith (Deut 6v4–9, Josh 24v15, Prov 22v6, Eph 6v1–4, Acts 16v30–33, Acts 10v2)
- a people who are actively working for peace (Matt 5v9, Romans 12v18, Hebrews 12v14, James 3v17–18) the army of God bringing goodness and news of salvation and contending for justice in the world (Rom 12v21) and ambassadors of reconciliation (2 Cor 5v20)
- a fellowship (koinonia) (Acts 2v47, 1 Cor 1v9, 1 John 1v7) and the dwelling place of the Holy Spirit (John 4v24, Eph 4v11–13, 2 Cor 3v17–18)

What an awesome privilege we have!

Blessings,

*John*

Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU  
[www.penrallt.org](http://www.penrallt.org)

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Administrator: Magnus Forrester-Barker; 07934 231788; [office@penrallt.org](mailto:office@penrallt.org) (office hours: Mon – Fri, 10am – 4pm)

## ***Morning Services***

Sunday morning services start at 10:30am with an option to join on Zoom if you are unable to join us in the building (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); a crèche is also available for younger children. The children and young people stay in for all-age services; the crèche is still available.

### **Sunday 3<sup>rd</sup> November**

All-age harvest service.

*Church: The people and Oikos (household) of God*

Preacher: Revd. John Thompson.

### **Sunday 10<sup>th</sup> November (Remembrance Sunday)**

*Church: The army of God and a kingdom of peace*

Preacher: Revd. John Thompson.

This service will include an act of remembrance at 11am.

### **Sunday 17<sup>th</sup> November (Safeguarding Sunday)**

*His Banqueting Table*

Revelation 19:1–9

Preacher: Donald Poirot.

### **Sunday 27<sup>th</sup> October (Communion)**

*Church: Koinonia (fellowship) and the dwelling place of the Spirit*

Preacher: Revd. John Thompson.

## ***Service Videos***

Recordings of sermons from morning services (except all-age ones) 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.

## ***Children's Birthdays in October***

2<sup>nd</sup>: Isabella Onwusa

7<sup>th</sup>: Joshua Idahosa

## ***Church Office***

The church administrator, Magnus, can be contacted on [office@penrallt.org](mailto:office@penrallt.org) or 07934 231788 during the church office opening hours, 10am – 4pm Monday to Friday, except bank holidays. Note that he sometimes works from home or is out for meetings, so you are advised to check before travelling in to the church building.

*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.*

## ***Evening Services***

Except where otherwise noted, evening services begin at 6pm on Sundays (not usually broadcast or recorded). There is no evening service on the first Sunday of the month; instead we have our church lunch and fellowship event following the morning service (see below). Services planned for the rest of the month are as follows:

**Sunday 10<sup>th</sup> November**  
Communion service.

**Sunday 17<sup>th</sup> November**  
Prayer meeting.

**Sunday 24<sup>th</sup> November**  
Service of Remembering and Thanksgiving led by Revd. John Thompson.

This is an opportunity to come together before our God, remembering and giving thanks for people who were close to us who have died.

### ***Kitchen Refit***

It was agreed at the recent church meeting to accept a proposal to remodel and upgrade the church kitchen to include a new dishwasher (we were left some money towards this in a legacy). This will be a significant cost. We have budgeted £13,200 for the work.

Work is set to begin on 4<sup>th</sup> November and be completed before the end of November. During this time the kitchen will be out of commission and access to the hall will also be limited at times, especially during the first part of the work (contact the church office for details).

We are looking to use some of our reserves towards the cost. In addition, we intend to raise funds by have a giving week for the Church Kitchen between Sunday 17<sup>th</sup> – Sunday 24<sup>th</sup> November and would ask if you would prayerfully consider if you are able to make an additional donation. Any amount given will be gratefully received and shall help to reduce the amount of our reserves we need to use. We would also ask if you could gift aid any donations if eligible to do so as this will add a further 25% to the value of your gift. We will have envelopes available during the week which will also allow you to gift aid if applicable. Please ensure you make any cheques payable to 'Penrallt Baptist Church Bangor'. If you would prefer to make a bank transfer, please use 'Kitchen' as your payment reference. Thank you for your continued support.

If you have any questions, then please contact our Treasurer, Cathy ([treasurer@penrallt.org](mailto:treasurer@penrallt.org))

## ◇ Alpha

Our next Alpha course is due to run on Monday evenings from January 13<sup>th</sup> for 11 weeks in the church hall. It all starts with a taster evening where you can come to explore the Christian faith afresh. It may be that you have questions on how relevant Christianity and Jesus is in the 21st century, or does prayer work, or...? Or you may be a Christian and feel like you need to refresh your relationship with Jesus, or have questions yourself. This is a course for everyone. You can sign up through the QR code or by leaflets in Church. It is free and an evening meal is provided.



We are still looking for a few more volunteers. If you are interested in using your gifts to bless others on their life journey, please chat to Peter Jones (079 0676 1181) or Revd John Thompson (079 3115 0697).

## ◇ Calling all Pandas!

Do you enjoy your 'panad'\* after church, and/or your monthly Church Lunch? These are a valuable part of our life together and opportunities to get to know each other, but they don't happen by accident. They're only possible because people give a bit of their time on a rota basis; they come early to set things up and clear up afterwards. Broadly speaking the Pandas rota usually covers about 3 months and volunteers can expect to be called maybe twice during that period.

Church Lunch is held after the all-age service on the first Sunday of each month. People bring finger-food, either home-made or bought, and we share it together. Again, 3 or 4 people come early to get things ready and set the food out.

Every so often the number of volunteers needs a boost. Could you help? Please give it some thought. If you're new to Penrallt it's a great way to get to know everyone and begin to make yourself at home. If you're interested please contact Lesley Jackson; she will be away during November but still reachable on email ([lesley.jay@live.com](mailto:lesley.jay@live.com)) — or a message can be left via the church office (in either case please supply email details and a phone number.) When at church Lesley can often be found in the kitchen! The next rota will begin in January.

*\* Pandas because the Welsh for a 'cuppa' is 'panad' and on one occasion a typing error produced 'panda', and it stuck.*

## ◇ Church Lunch and Fellowship Events

We will have our usual church lunch on the first Sunday of this month, 3<sup>rd</sup> November. To comply with best practice and government regulations we are asking that everybody who brings food should read and follow the food handling guidelines that were recently circulated to our news mailing list. If you did not receive a copy and would like to bring food to share, please contact the church office.

After the lunch will be a fellowship walk at Cwm Idwal, led by Jenny Willis. You will need good footwear plus warm layers, hat, gloves and waterproofs. It is not pushchair-friendly. As last month, we are organising a minibus. To find out more details or request a lift (or offer one, if we run out of space in the minibus), please speak to Jenny ([fellowship@penrallt.org](mailto:fellowship@penrallt.org)).

## ◇ Codi Mawl: A Bilingual Worship Evening

Sunday 3<sup>rd</sup> November, 7pm at Caersalem (Caernarfon). The second of three bilingual (Welsh-English) worship events for Christians across Gwynedd and Anglesey. The third is due to be at Penrallt on 12<sup>th</sup> January.

### ◇ Foodbanks

Bangor Cathedral Foodbank ([www.bangorfoodbank.org](http://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.

### ◇ Giving

We take up an offering during our morning services, or you can use the donations box at the back of the chapel 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 Cathy ([treasurer@penrallt.org](mailto:treasurer@penrallt.org)), who will be able to advise.

### ◇ Hardship Fund

The church has a small fund to help people in need. If you find yourself in financial difficulty or know someone else who is struggling, please speak with Sarah Jackson ([sarah.jackson.home@gmail.com](mailto:sarah.jackson.home@gmail.com)) or John Thompson ([minister@penrallt.org](mailto:minister@penrallt.org)) in confidence. If you are in a position to add to the hardship fund, please speak to Cathy Fooks ([treasurer@penrallt.org](mailto: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 relationships with the Lord and with one another. There are groups on Monday, Tuesday and Wednesday evenings and on Tuesday and Friday mornings, meeting weekly or fortnightly in person, online or as a combination of the two. We also have “contact, care & prayer” to enable people to stay connected even if not in a homegroup. A member of the pastoral care team (see below) would contact you every few weeks to ask how you are and if you’d like to receive prayer support. Please get in touch with the church office if you are not part of contact, care & prayer or a homegroup and would like to be.

### ◇ The Joys of Giving

Following on the lovely Clothes event held here in September, Penrallt are planning THE JOYS OF GIVING pop-up on Saturday 7<sup>th</sup> December (12–3pm).

Christmas can be a difficult time especially in the current economic situation so we are hoping to lighten that gloom a little with the opportunity for needy people to do some Christmas shopping ‘without money and without cost.’ Enabling them also to share in The Joys of Giving to their families and friends.

We will be glad to receive small good quality items suitable as gifts for men, women and children in the week beginning 2<sup>nd</sup> December. Details of drop-off times will be in the December newsletter.

Our desire is to bless people without any requirement whatsoever for payment. If anyone has a particular desire to donate any money we will transfer it discreetly to one of the local food banks, simply because our aim is to totally remove any pressure to pay for the items; we have a strong sense that this is on our Father’s heart.

**Thank you for sharing The Joys of Giving!** Any queries should be directed to the church office and will be passed on to the Joys of Giving team.

### ◆ Men’s Breakfast

Our men’s fellowship group usually meet once a month on Saturday mornings for food and friendship at Ian Ablett’s home in Caernarfon. All men are welcome. The next breakfast is due to be on 30<sup>th</sup> November. Please contact the church office or Ian ([ian.ablett@open.ac.uk](mailto:ian.ablett@open.ac.uk); 07759 718931) for more details or to offer or request a lift.

### ◆ NWBA Consultation Day

The North Western Baptist Association (the regional subdivision of the Baptist Union of Great Britain of which Penrallt is a member) is holding a series of strategic conversation days for church leaders, including one at Prince’s Drive Baptist Church, Colwyn Bay on Wednesday 20<sup>th</sup> November, 1–4pm. To register your interest in attending, please email [admin@nwba.org.uk](mailto:admin@nwba.org.uk).

### ◆ Pastoral Help

If you have concerns about your own or someone else’s welfare, please contact a member of the Pastoral Care Team: Ian Ablett (07759 718931); 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 the PCT as well.

### ◆ Pathways

Penrallt is hosting a monthly series of training courses run by Cardiff Baptist College. The second session, on Saturday 9<sup>th</sup> November, will continue the *Pathways into Pastoral Care* module begun in October. NB it is necessary to book in advance (and pay) to attend these sessions.

### ◆ Penrallt on Facebook, Instagram and YouTube

We have three Facebook groups — *Penrallt* ([www.facebook.com/groups/2402772192](https://www.facebook.com/groups/2402772192)), a general group for information and social interaction; *Penrallt Prayer Point* ([www.facebook.com/groups/302627593231755](https://www.facebook.com/groups/302627593231755)), a private group to share prayer requests and encouragements; *Penrallt Students* ([www.facebook.com/groups/195300234272943](https://www.facebook.com/groups/195300234272943)), fairly self-explanatory!

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 an Instagram account:

- [www.youtube.com/@penralltbaptistchurch](https://www.youtube.com/@penralltbaptistchurch)
- [www.facebook.com/penralltbc](https://www.facebook.com/penralltbc)                                  [www.facebook.com/penralltyouth](https://www.facebook.com/penralltyouth)
- [www.instagram.com/penralltbaptistchurch/](https://www.instagram.com/penralltbaptistchurch/)

### ◆ Prayer Resources

Send prayer requests, thanksgiving and testimonies to our weekly email prayer diary via [office@penrallt.org](mailto:office@penrallt.org) — use this address, too, to subscribe to the prayer diary, which usually goes out on Mondays (provided any items for it have been received). We also have a more interactive Facebook prayer group ([Penrallt Prayer Point](https://www.facebook.com/penralltprayerpoint)). 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.

### ◇ Prayer Team

We would love to pray for you and pray with you. We believe that God transforms people's lives. Praying for people and regularly asking God to fill them with the Holy Spirit is a key part of this for many people. We have a team available for personal prayer, wearing blue "Prayer Team" lanyards. We are hoping to offer prayer at most services. This is often at the end of the service, sometimes during communion or at other times, but if you would like prayer please find a member of the team at any time and they will be able to offer to pray with you in an appropriate space and often as a pair.

If you are a church member and would like to be on the prayer team please speak to John or Jan. We also have a Pastoral Care Team who are able to offer a further level of support (see *Pastoral Help* above). Please don't hesitate to approach John or another member of the Pastoral Care Team.

### ◇ Renew 57 Weekly Drop-in

Renew 57 is a space for the whole community, on **Thursday mornings, 10:30am to 12:30pm in Canolfan Penrallt** (our rear hall/community centre). Bring a hobby to share with someone else or simply sit and chat over a cup of tea or coffee and some toast. A separate prayer space is available for quiet reflection, with optional opportunities to be led in short gentle contemplative prayer at the beginning and end of the session. 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. To find out more, please speak to Adrienne ([adrieferrada@hotmail.co.uk](mailto:adrieferrada@hotmail.co.uk)) or drop in and see for yourself.

### ◇ Soul Sisters (Women's Fellowship)

There will be no meeting in November. Please note our meeting for December has been changed to 14<sup>th</sup> December, when we will be meeting at Averil's house for carols around the tree. On 7<sup>th</sup> December we will be supporting "Joy of Giving" and if you are able to volunteer on the day or donate gifts that would be much appreciated — see above for more details.

### ◇ Street Pastors Commissioning: 15<sup>th</sup> November 2024

Bangor Street Pastors will be holding a commissioning service for our newest recruit, Inma Robinson, on Friday 15<sup>th</sup> November at Emaus (the Welsh Baptist/Presbyterian church on Love Lane, opposite PureGym), starting at 7:30pm. All are welcome to join us. For more about the work of Street Pastors, see the *Focus* article on the back page.

### ◇ Students

We love to welcome students as part of our church family. This month we are also welcoming our new student co-ordinator, Holly Redding. You can contact her at [students@penrallt.org](mailto:students@penrallt.org). Also, don't miss our Penrallt Students Facebook group.

### ◇ Youth: Ignite and Deeper

*Ignite* (usually meeting in the Canolfan at 7pm on Thursdays) is a social evening with games and activities, open to all youth (11–17), that we run in conjunction with Mosaic church. *Deeper* (during our Sunday morning service) provides opportunity to find out more about the Christian faith. For more information see our youth website, [www.penrallyouth.org](http://www.penrallyouth.org), as well as our Penrallt Youth Facebook page and Instagram group, or contact our youth worker, Becca Jackman ([youth@penrallt.org](mailto:youth@penrallt.org)).

*Focus on...*

# Bangor Street Pastors



Bangor Street Pastors started with a bang 14 years ago this month, with the commissioning of our first team of 12 street pastors on 5<sup>th</sup> November 2010. From then until Covid struck in 2020, we managed a more or less completely unbroken record of putting out at least one patrol every week, whatever the weather. At least 30 people from around 10 churches (most, but not all, in Cytûn Bangor) have served as street pastors in Bangor, with over 20 on the team at one point, and a number of others have been prayer pastors, trustees or supported the work in other ways.

As with so many other things, Covid put a temporary halt to our patrols. When we finally got up and running again, towards the end of 2022, we found ourselves with a much smaller team — back down to around 12 and it has further reduced so that we now only have 8 fully commissioned, active street pastors on our team and only two dedicated on-site prayer pastors, although some street pastors do double duty and we also have several other people praying for us off-site, facilitated by a prayer group we have recently set up on WhatsApp.

In addition to this, we have found that the night-time economy of Bangor — and indeed the UK as a whole — has changed, largely due to the increased cost of living, so that even when we are able to field a team for a Friday or Saturday night patrol there are far fewer people on the streets for us to interact with in the early hours of the morning and often nothing for us to do while we're standing around outside Trilogy (still affectionately called Octagon by many of us who have been around Bangor for a while) at 3am!

This combination of more limited resources and more limited opportunities to interact with people on patrols that follow our “traditional” pattern is quite a challenge, but also presents a great opportunity to rethink when and how we do things and how God may now be calling us to serve him and demonstrate his love in practical ways by listening to, caring for, and helping people. The methods may change but the basic mission and message won't. (See earlier Focus articles, e.g. December 2023, or speak to Magnus if you'd like to know more about our work).

We have our own trilogy of exciting events in November (not directly related to the nightclub!), at which you are very welcome. The first is a **prayer meeting, 7:30pm at Emaus, on 7<sup>th</sup> November** (this is actually a monthly event, usually on the first Thursday). Next is a **coffee morning at Berea Newydd on Saturday 9<sup>th</sup> November, 10am-12pm**, to raise funds and awareness for our work. Finally, but by no means least, we have a **commissioning service at Emaus on Friday 15<sup>th</sup> November, 7:30pm**. We will commission Inma Robinson as a full member of the team; Inma has been our treasurer for several years and has already been on quite a few patrols as a trainee.

**Deadline for next month's newsletter: Sunday 24<sup>th</sup> November.** Please send information to Magnus at the church office. All items should be submitted in writing, preferably by email, as early as possible.

**News Mailing List.** If you are not already on our email list to receive notification (and a PDF link) when the newsletter is published each month, as well as other news updates from time to time, and would like to join the list please send an email to [office@penrallt.org](mailto:office@penrallt.org). You can also email us if you are on the list and would like to stop receiving news emails.