



Penrallt Baptist Church

Newsletter: October 2019

This is the time of year of new starts – new schools, new classes, new students starting at university, others returning to begin new courses. Several of our members have moved away to new jobs in new areas, and others have returned to this area after living away. Penrallt sends very best wishes to all who are dealing with big life changes: these can be exciting, but can cause some trepidation! And we send a special welcome to those coming to Bangor for the first time, either as freshers at the university, or to new jobs. We look forward to getting to know you in the weeks ahead.

The UK is going through a time of unprecedented political turbulence and upheaval at present. How is this affecting you? Many people describe feeling despondent and helpless, unable to see the way forward, and that nothing they do can make any difference. I am reminded of the words of the patron saint of Wales, Saint David, who encouraged his followers 1400 years ago to '*Gwnewch y pethau bychain*' – 'Do the little things' – the encouraging, considerate things that can make a difference to others. It seems more important than ever at the moment to be on the lookout for those 'little things' to counteract the prevailing feeling of despondency and conflict.

Perhaps you are on the lookout for new challenges or opportunities at the moment? I'm writing as one of Penrallt's representatives on Cytûn, (Churches Together in Bangor). There are many activities supported by Cytûn in which Penrallt people and other Christians in Bangor work together, and which welcome volunteers. I'll list a few of these here; some are specifically church initiatives, some more general. You may find some 'little things' (or big ones!) you could do which could make a big difference to people's lives.

Caffi Deiniol. An initiative between the Cathedral, Bangor Council and the University, the café at the Waterloo Street end of the Deiniol centre is now a fair price, non-profit, café offering locally sourced food with zero food waste. Run by volunteers with a manager, it is a pleasant welcoming community space to come and bring friends, to talk and relax. Enquire at the Diocesan Centre, 01248 354999.

Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU
Tel: 01248 353355; *Email:* office@penrallt.org; *Website:* www.penrallt.org
Office open Mon–Fri 10am - 3pm; *Administrator:* Magnus Forrester-Barker

Secretary: Neil Rymer, 20 Brynteg, Llandegfan LL59 5TY; 01248 713003; secretary@penrallt.org
Treasurer: Stephen Burrows, 39 Cil y Graig, Llanfairpwll LL61 5NZ; 01248 714048; treasurer@penrallt.org

Cathedral Food Bank. To assist families and individuals who need help to obtain enough food. Open Mon Wed and Fri between 2.00 and 3.00 in the Diocesan centre. Volunteers welcome to help sort, pack and distribute boxes. You could also donate items: (most helpful items are: tinned fruit, tinned veg, tinned meat, baked beans, tinned pasta, dried pasta, rice, UHT milk, cereal, tea, coffee and sugar, toiletries, toilet rolls) and take them to the Diocesan Centre (354999).

Street Pastors. Bangor Street Pastors are 'a group of trained volunteers from the churches of Bangor who have a concern for our community. They are out and about on the streets of Bangor on Friday and Saturday evenings, helping people to stay safe while they are out and to get home safely.' **Prayer Pastors** support the Street Pastors. They pray with them as they set off, and for them whilst they are out, then prepare supper and share this with them during their break. More volunteers are needed to fill the rota. For both Street Pastors and Prayer Pastors contact Mark King of Mosaic Church (Hope Church and Bangor Community Church have recently come together to form Mosaic Church) on 07960077301.

Open the Book. (OtB) This is a project which offers primary school children an opportunity to hear key Bible stories (10 to 15 min presentations), from a team of Christians from local churches, who present the stories during assemblies. If you enjoy acting and have a little time to spare, have a go! Ask Joan Beer or Gwen Hicks about how enjoyable and worthwhile it is! Enquiries – contact Jean Owen 364966.

Pobl i Bobl (people to people) is an organisation supporting refugees. Donations of clothing (warm things for winter conditions at the moment) and other essentials are collected at Dr Zigs on the Vaynol estate. Every Wednesday evening at 6.00 volunteers are needed there to sort and pack. Recent van loads of donated items have gone to refugees in camps Cyprus and Lebanon, and to Calais. Dr Zigs' phone number 670090).

Croeso Menai is a sister organisation to Pobl i Bobl. Many local volunteers are working to sponsor a Syrian refugee family coming to this area, in addition to the families supported by the government scheme. A fundraising lunch 'Autumn Feast' is to be held in Canolfan Penrallt on October 5th.

That is only a small selection of possibilities. You may well know of other volunteering opportunities: if so do please let me know.

Lastly, one of my favourite passages in times of stress is Philippians 4:6–8:
Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God. ⁷ And the peace of God, which transcends all understanding, will guard your hearts and your minds in Christ Jesus. ⁸ Finally, brothers and sisters, whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy—think about such things... And the God of peace will be with you.

Judith Stammers

Services This Month

6th October

10:30am **Jesus: Prophet, Priest and King** *Mark 11:1–25*
Preacher: Peter Gordon-Roberts

6:00pm Communion Service
Hall of Faith *Hebrews 11*
Preacher: James Goodman

13th October

10:30am **The Authority of the Son** *John 5:16–30*
Preacher: John Thompson

6:00pm **Café Church: Mission and Summer Camps**
This service will be in the hall, with food and special guests Colm & Catherine Ó Brolcháin

20th October

10:30am **The Word, the Christ and Salvation** *John 20:19–31*
Preacher: Nigel Wright

6:00pm **The Word, the Christ and Resurrection** *1 Cor. 15:12–29*
Preacher: Nigel Wright

27th October

10:30am Communion Service
Destination God *Psalms 30*
Preacher: Peter Cousins

6:00pm **The Great Commission** *Matthew 28:18–20*
Preacher: Arwel Jones

Peter Gordon-Roberts is a retired Baptist minister who lives on Anglesey. James Goodman is one of Penrallt's deacons. John Thompson is the pastor of Llanelwy Community Church and is our moderator during our current pastoral vacancy. Colm & Catherine Ó Brolcháin are former Penrallt members who now work for OM Ireland (see this month's Focus article). Nigel Wright is Principal Emeritus of Spurgeon's College. Peter Cousins is a retired former minister of Penrallt. Arwel Jones is a member of the leadership team at Caersalem in Caernarfon.

Dates for Your Diary in October

Saturdays	8:30am	Prayer meeting in the Twrgwyn Room.
Wednesday 2	10:30am	Men's prayer meeting followed by coffee.
Sunday 6	2:15pm	Service at Haulfre.
Monday 7	2:30pm	Funeral of Andrew Metheringham at Penrallt.
	7:30pm	Church members' meeting.
Thursday 10	7:30pm	Monthly prayer meeting in the chapel.
Saturday 19	9:30am	Bible Unzipped at Rhos-on-Sea URC.
Monday 21	10:30am	Church Walk at Beaumaris.

Please see later in this newsletter for more about many of these events.

Children's Birthdays in October

- 7th: Anna Warnock
- 15th: Joanna Burt
- 20th: Micah Adams
- 31st: Catrin Gwilliam

Homegroups

Many of our folk meet in small groups during the week for Bible study, prayer and fellowship. We encourage you to join one of these groups if you are able to. *NB groups do not meet every week – please check with the named contact. All landline numbers below have the 01248 area code.*

Day	Time	Group Name	Contacts
Mon	7:00pm	Delta	Brian Wheatcroft (602516) Pat MacKenzie (670948)
Mon	7:45 – 9pm	Rhiwlas	Wendy & Andy Lemon (353743)
Tue	10am	Nilgiri	Joan Beer (353874)
Tue	7:30pm	Tyddyn Isaf (Menai Bridge)	Magnus Forrester-Barker (717570)
Wed	7:30pm	Nomads	Pat & Roger Borlace (713146)
Fri	10:30am	The Lydias	Freda Birchall (371316) Lesley Jackson (680330)

◇ **Baptism Preparation**

We will be running a course on "Christian basics as preparation for baptism" in preparation for a baptismal service in November. If you are interested in getting baptised, please speak to John Thompson (moderator@penrallt.org) as soon as possible.

◇ **Bible Unzipped**

Saturday 19th October 9:30am

This is a theological learning community that meets monthly at Rhos-on-Sea URC Church. Bible Unzipped is entirely free though donations towards costs are welcome. For more information, please speak to Roger Malone or Magnus Forrester-Barker. This month there will be two sessions on psalms, led by Revd. Dr. Rob Beamish (Psalms 120–134) and Dr. Jon Stammers (Psalm 63).

◇ **Church Lunch**

Sunday 6th October

As usual, there will be a (free) bring and share lunch after the morning service on the first Sunday of the month. Please bring enough buffet-style food for yourself and one or two others. Visitors are very welcome (and are not expected to bring food).

◇ **Church Walk**

Monday 21st October 10:30am

Meet at the entrance to the car park opposite Beaumaris Castle. Parking charge is £4 for the day. Alternatively free parking is usually available on the approach road a couple of hundred yards from the town centre on the left, from there you can walk to the meeting place. Approx. 5 miles, mostly fairly flat. Bring a packed lunch, coffee in the Bulkeley afterwards. For more information contact Roger Malone (431296).

◇ **Discernment Day**

The South Wales Baptist College is holding a Discernment Day in Cardiff on Saturday October 26th for people who are seeking God's will concerning the possibility of further theological training and a route into some kind of new Christian service. It is advised to book in advance as places are filling up rapidly. If this is of interest to you, please contact the church office for more information.

Deadline for next month's newsletter: Sunday 20th October

Please send information to Magnus (office@penrallt.org; 01248 353355). All notices (including alterations to standing information) should be submitted in writing (preferably by email) as early as possible.

◇ **Interim Moderator**

During our current pastoral vacancy, Revd. John Thompson, the Minister of Llanelwy Community Church, is serving as our Moderator. In addition to chairing members' and deacons' meetings, John will be preaching at Penrallt roughly once a month and will be in the office at times during the week. The day and time will vary, so please contact either John (moderator@penrallt.org, 07931 150697) or Magnus (office@penrallt.org, 01248 353355) in advance if you would like to arrange a meeting. Please avoid contacting John on Saturdays, except in case of serious emergency, as this is his day off.

◇ **Monthly Prayer Meeting** *Thursday 10th October 7:30pm*

Our monthly mid-week prayer meetings, for the whole congregation, usually take place in the chapel and last about an hour. The next meeting after this one will be on Tuesday 12th November.

◇ **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: Adrienne Ferrada; Gwen Hicks (353648); Geoff Moore (410582); Helen Thomas (600174); Roshni Verghese (07967 320048).

◇ **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 (or occasionally later in the week) by emailing the office now and requesting to be put on the list. For more immediate and interactive sharing of prayers, search on Facebook for *Penrallt Prayer Point* and send a request to join our group.

◇ **Rough Sleepers**

We do not recommend giving money directly to the rough sleepers in Upper Bangor. You will find labelled envelopes in the porch for a gift that will buy meal vouchers which are distributed to the homeless by the Cathedral; this certainly would be a more meaningful form of help.

◇ **Sunday Afternoon Services** *Sunday 6th October 2:15pm*

On the first Sunday afternoon of the month we usually take a short service at the Haulfre residential home in Llangoed (near Beaumaris). The service starts at 2:15pm and lasts roughly half an hour.

Focus on...

Colm & Catherine Ó Brolcháin **Serving with OM Ireland**

" For what we preach is not ourselves, but Jesus Christ as Lord, and ourselves as your servants for Jesus' sake." 2 Corinthians 4v5

We pray as you read that you are encouraged that Jesus is still working by His Spirit, and with your support we will continue to preach Jesus Christ as Lord!

Big Red Bus ministry

God showed his mighty hand this summer. After plans for a week-long bus ministry fell through at the last minute, Colm was invited to take the bus to a traditional Irish boating festival in Connemara, the Irish speaking area of Galway. (Any of you who know Colm will realise that he is an Irish speaking believer and that he absolutely loves everything to do with boats.) On one particular day they served over 300 cups of tea and coffee on the bus and gave out gospel tracts to most of the people who came onboard!

General OM Ireland news

Our two new **Mission Discipleship Training (MDT)** students have arrived, but Cody (from Hong Kong) was delayed by a week waiting for her visa pre-clearance, which she has now received. We praise God for this provision, as at the moment getting any visa for non-EU citizens coming to Ireland seems to be such a challenge. They will be based at Lacken House for a full year, working with churches in the locality.

We are so thankful that as a result of our **Release to Reach** campaign, we only have €100,000 left to pay on Lacken House from the original price of €1.1 million. Praise God that through the generosity of so many people we have been able to pay off €1 million in the past 11 years. Pray with us that the remainder will be cleared by the end of the year.

Outreach at Appleby, Cumbria

God gave us an encouraging time this year. From the first time we got to 'the hill', people came out to meet us and said they were looking forward to speaking with us again. We saw that it was very powerful to use stories from the Bible; Marie Quinlan retold the story of the tax collector and the Pharisee seeking to be made righteous before God. She was addressing a group of young men, asking them open questions about the story. They were genuinely interested and engaged with the truth of how God views our vain efforts 'doing things' for him and hoping they will make us righteous. Sometimes when we spoke to groups of children and parents we were asked to come on to the next family group so they could share the Bible stories and songs.

What has Catherine been up to?

While Colm was having a rare old time in Connemara, Catherine was involved with the outreach in our church in Ballinasloe, Galway. We met people on the street and went into different businesses and offered to pray with people – it was amazing how open people were to have a stranger praying for them. The church also ran a three-day kids club called 'Shipwrecked'. Catherine was able to dust off some old acting skills and pretend to be Martha from the story in Luke chapter 10:38–42, sharing that Jesus is always with us, even when you feel you have too much to do and you're very worried about everything. The kids that came to the club were fairly rowdy but it is amazing the way God shows them truth in the scriptures; many of them were very proud to have learned the memory verses.

Bibles walk off the table

At the National Ploughing Championships near Carlow last week we faced crowds of over 100,000 people every day. When Kirk Joyce's crowd-pulling puzzle table didn't draw the usual crowds he sought wisdom from God and was led to take away the puzzles and replace them with Bibles. Without delay, people began coming to the table and asking for a Bible and wanting to discuss issues of faith; for the very first time the team ran out of tracts and Bibles. Colm, realising what was going on, raided all the supplies of Bibles and gospel literature from the Big Red Bus and, praise God, it was enough to see them through to the end!

Family news

Ciara continues her work as a graphic designer, while Sinéad continues to learn so much as she works with vulnerable youth. They now play rugby together, both as forwards with Clontarf women's rugby team. They recently went on a fantastic long weekend away in Budapest which they really enjoyed. Ruairi has been blessed with a part-time job on the College campus at UCD which means that he can afford to live and go to college this year. We are also very grateful to God for the full grant he got for his College fees, which certainly makes life a lot easier. Colm continues to work on his right ankle injury and with help from his physio he has finally stopped limping. We were not part of the Scripture Union family camp this year as we have stepped down from the leadership team, so we have been able to keep those holidays and will take two weeks in October/November when all the outreach weeks have finished and it is a little quieter at OM Ireland.

Prayer

Praise God for the great gifts OM Ireland has received to pay off the debt on our property. Every bit of debt paid off releases finance for more outreach.

Continue to pray for breakthrough concerning visas, we have had NO Minister of Religion visas granted this year. That the Lord renews our strength as we have a holiday next month.

The Lord's protection for Colm, Catherine and their family.

Despite our much smaller team, that we are given God's wisdom and unity.