



Penrallt Baptist Church

Newsletter for September 2012

As a father has compassion on his children, so the Lord has compassion on those who fear him; for he knows how we are formed, he remembers that we are dust. As for mortals, their days are like grass, they flourish like a flower of the field; the wind blows over it and it is gone, and its place remembers it no more. But from everlasting to everlasting the Lord's love is with those who fear him, and his righteousness with their children's children-- with those who keep his covenant and remember to obey his precepts. - Psalm 103:13-18

For a BBC Science documentary it was surprisingly spiritual in its questioning. The presenter, David Malone, was revealing "The Secret Lives of Waves." As the module on waves was one of my favourites in my days as a Science teacher, I was keen to watch it and remember some of the good old days in a classroom with rows of fascinated children enthralled as they experimented with their ripple tanks and expressed their thanks to me as the most inspiring teacher in the world. My memories are a little optimistic, I know, but the physics of waves is a window into the mysteries of our existence. The documentary, as it turned out, was better than I had hoped and raised some lovely questions about our existence. In the end it asked "Are we a wave or an object?" Before you answer that, just pause for a moment and think about ocean waves.

Created by the winds huffing and puffing the water into crests and troughs, a wave will travel thousands of miles across the ocean before hurling itself at your feet as you walk the dog on the beach. But what moves across the ocean? It is not the water. The drops of water just bob up and down as the wave passes them. Alright, they bob up and down with enough force to lift a 100,000-ton supertanker high in the air and drop it again, but they don't move forwards. The wave progresses across the ocean, the water just goes up and down where it is. So the wave isn't composed of water. It's energy that just uses the water. The power of the wind transformed into movement on water.

What is the wave? It's not an object like an island or a cliff face. It's a burst of energy that ruffles the water and is gone. So are we like an object or are we more like a wave?

If I fell off a ladder onto your head you might well describe me as an object. But in truth I'm more likely to engage in conversation with you, exchange ideas with you, work with you in some project, befriend and share my life with you.

Far from immovable rock, you and I are moving bundles of energy passing through this world, ruffling the surface of physical reality, changing it, moulding it, moving on and eventually dying.

Like a wave.

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Secretary: Neil Rymer, 20 Brynteg, Llandegfan, Menai Bridge LL59 5TY (01248 713003)

Treasurer: Stephen Burrows, 39 Cil y Graig, Llanfairpwll, LL61 5NZ (01248 714048)

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The biblical writer described it slightly differently. We are a beautiful green grass that flourishes for a while, and then goes. Same idea. But here the Scripture and the Science documentary part company. The programme maker can see nothing more than a burst of energy that dies in chaos and decay on the shores of death at the end of its life. The Scripture sees us as cherished creatures, loved and cared for by their maker. A burst of human personhood, a soul which will live on after this world is gone. The wave, our wave, will not die. We will just change in the light of eternal glory. We are too precious to lose.

So welcome to Penrallt. You are loved by God. Even if you've not visited church in a long while, or maybe never been a regular attender, you are precious to God and welcome in this place. Please relax, enjoy our services, then stay behind for coffee and at the welcome desk in the hall ask about becoming more involved in the life of Penrallt.

And finally, if you want to watch it, at the time of writing the documentary was still available on BBC iplayer :

[http://www.bbc.co.uk/iplayer/episode/b00y5jhx/The Secret Life of Waves/](http://www.bbc.co.uk/iplayer/episode/b00y5jhx/The_Secret_Life_of_Waves/)

God bless,
Peter

Students

We welcome all students to Penrallt. Please make sure you pick up a welcome pack from the porch. David McCormack is our student coordinator for this year and we encourage you to say "hi" to him and find out what is happening in our church over the coming months.

SERVICES IN SEPTEMBER

The evening services will revert to 6.00pm from September 2nd.

September 2

10.30am Geoff Birch: **'A Fan or a Follower'** *Luke 9:57-62; 14:25-27*
2.15pm Service at Bontnewydd
6.00pm Communion Service.

September 9

10.30am Mark Young
6.00pm Elaine Green

September 16

10.30am ***Willing to Serve: Deacons and Church Life*** *1 Timothy 3:1-16*
6.00pm ***Watch and Pray – "As we wait and pray, God weaves his story and creates a wonder."*** – Paul Miller. *Matthew 26:36-46*
(The Service will include prayer for Penrallt's autumn activities).

September 23

10.30am Communion Service. ***Who do you think you are?*** *1 Peter 1:1,2*
6.00pm ***"Father, if it be your will"- "God takes everyone he loves through a desert"*** – Paul Miller. *Matthew 26:36-46*

September 30 The Big Welcome Back to Church Sunday

10.30am Communion Service

1 Peter 1:3

6.00pm The Big Welcome Back to Church Sunday

Our Preaching Team for September:

Peter Cousins is Penrallt's minister. *Revd. Geoff Birch* is a retired minister, a member of Penrallt. *Mark Young* is a teacher who lives in Llanfairfechan and is studying a Theology course from home. *Elaine Green* is a Penrallt church member, coming to the end of a BA degree in Contextual Theology at Luther King House in Manchester. She works for the NHS and is a Guide Leader.

Faith Café

After church on Sunday evening we host Faith Café for students and young adults. Starting around 7:15 pm it is an evening of chat, interviews, music and discussions. It will begin again on September 23rd. Anyone wishing to contribute soup, bread, cheese or cakes one Sunday during the autumn term, please speak to Susan (353878). Many thanks.

CHURCH LUNCH

There will be no church lunch this month.

Saturday Prayer Meetings

These will start again on September 1st.

SPECIAL DATES

Monday 3	7.30pm	Deacons' Meeting
Tuesday 4		Alpha Planning Meeting
Wednesday 5	10.30am	Men's Prayer Meeting followed by Coffee in Options.
Tuesday 18	10.30am	Walking Group (see 'Noticeboard')
Friday 21	2.30pm	Wedding of Emma and Thierry in Penrallt
Saturday 29	7.30pm	Worship Teams session (in the chapel)
Monday October 1st	7.30pm	Church Members' Meeting
Tuesday October 2nd		Start of Alpha Course

NEWS OF PEOPLE

August was a month in which Penrallt people called on the services of the NHS more than we would have wished. **Pat MacKenzie** (foot), **Susan Cousins** (wrist), **Lesley Jackson** (foot), **Peter Smith** (heart) and **Zoe Mapatac** (appendix) all had operations but are recovering well. **Jean Browne** is recovering from a stroke in mid-August. **Andrew Browne** is home after a week in hospital and is awaiting surgery. **Phil McKenna** had a spell in hospital and is also awaiting surgery. **Nancy Jones** has had a bad chest infection.

In the change-around of doctors at Ysbyty Gwynedd we said farewell to **Anthony Williams** (who has moved to Truro) and welcome back **Miriam Rees**. Fair exchange, although we would like them both to be here!

Congratulations to:

- Penrallt young people off to Uni. **Amy Burrows** is going to Aberystwyth to study Media and Communication, **Megi Elliott** is off to Manchester to do Primary Education and **Lowri Thomas** is going to Cardiff to study town planning.
- **Billy and Jon Elliott** on becoming first-time grandparents;
- **Andy Goodwin** and **Elaine Peart** who were both chosen to carry the Olympic torch this summer.

Children's Birthdays in September

5th: Rebecca Owen; **17th**: Amy Harmens; **18th**: Catrin Donnelly;
24th: Elin Gwilliam; **25th**: Sian Thomas

WEEKDAYS

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

HG = Home Group

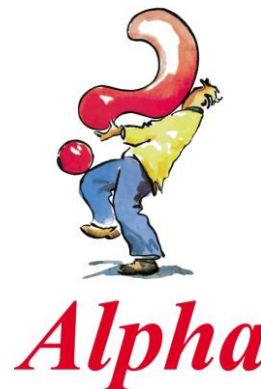
Day	Time	Details	Contacts
Tue	8.00pm	HG, Nilgiri	Joan Beer (353874)
Tue	7.30pm	HG, Tyddyn Isaf, Menai Bridge	Magnus Forrester-Barker (717570)
Wed	10.30am	Men's Prayer Meeting	Peter Cousins (353878)
Wed	2.00pm	Carers' Home Group	Carol Morris (208407)
Wed	7.30pm	HG, The Nomads	Jess & Seamus Adams (421185) Susan Cousins (353878)
Wed	7.30pm	HG, Bethesda	Jon & Deb Stammers (602868)
Wed	8.00pm	HG, Grŵp Cymraeg	Owen & Nia Lloyd Evans (352634)
Thu	10.30am	Post-Alpha Bible Study	Sue & Lawrence Moss (713793)
Thu	7.30pm	HG, Llanfairpwll	Sue & Lawrence Moss (713793)
Thu	7.45pm	HG, Talwrn	Gill & James Goodman (751074)
Fri	10.30am - noon	Cheeky Monkeys	Joan Rymer (713003)
Fri	10.30 – 12.30pm	HG, 6 Maes y Dref	Anne Collis (353173) anne@collis66.freeseve.co.uk
Sat	8.30am	Prayer Meeting	

NOTICEBOARD

➤ **Autumn Alpha Course**

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Yes, questions. We love to have them on ALPHA. And we love to have guests to ask them! So please think about anyone you know, your neighbours, friends, colleagues, who you could invite to be guests on ALPHA at Penrallt, starting on 2nd October at 7pm. Thinking is one thing, praying is crucial. So to help you pray for ALPHA, there will be available during September small prayer cards which are aids to praying for ALPHA. Please visit the ALPHA stand in the Canolfan on Sundays where you will find a member of the Team who will be happy to help with any questions you may have.



- **Men's Prayer Meeting** **Wednesday 5 September** **10.30am**
The men will meet for prayer as usual, followed by coffee in Options.

- **Youth For Christ in Bangor** **Wednesday 5 September** **7.30pm**
Some of the members of Hope Church have organized a meeting in Penrallt (in the main chapel) on Wednesday 5th at 7:30pm to discuss the possible establishment of Youth for Christ work in Bangor. All are welcome to attend.

- **Walking Group** **Tuesday 18 September** **10.30am**
The next walking group will be in and around Criccieth on the Lleyn Peninsula. Meet in the promenade car park somewhere near the toilets. Cost of parking for the day is £3.50. We shall walk in fields, woods and lanes, and across a caravan park and a golf course, sometimes gently uphill. Some muddy areas but stunning views. Boots definitely desirable. The walk is 4½ - 5 miles. If you need further information, please contact Geoff and Marilyn on 01286 870944.

- **Wedding** **Friday 21 September** **2.30pm**
Emma, Roshni's daughter, will be marrying Thierry, and she would love all members from church who can attend the service to come and share the occasion and a piece of cake. It would make the day perfect.

- **Christian Aid Tour** **Wednesday 26 September**
Christian Aid is arranging a Tax Justice Tour this autumn. To learn more about how tax-dodging costs developing countries an estimated US\$160bn every year (more than the global aid budget), visit the CA Tax Tour bus in Bangor or on-line at www.christian-aid.org/tax-bus.

- **Worship Teams session** **Saturday 29 September** **7.30pm**
All singers, instrumentalists, worship leaders, sound and projection team members are welcome. Please contact Sarah Plum if you want more details. (h.harmens@btinternet.com)

➤ **Penrallt on Facebook**

100 people are signed up to Penrallt's Facebook site. Join us.

➤ **Homeless in Bangor**

Please do not give money directly to the homeless in Upper Bangor. We have found in the past that it has encouraged aggressive begging on the church premises by people who have a history of violence. You will find brown envelopes in the porch to put your gift in.

➤ **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**

Sign up to receive our prayer diary by e-mail every Monday morning by sending your request to: office@penrallt.org.

If you have some subject for prayer, either send it in by e-mail, or fill in one of the pink cards, which are available in the porch, and place it in the visitors' cards box or give it to Peter or Magnus.

➤ **Pastoral Help**

If you have pastoral concerns please contact Peter or one of the other members of the Pastoral Care team:

Geoff Birch 01286 870944 Pat Borlace 713146, Eunice Smith 713296,
Judy Stammers 364394 Geoff Moore 410582

*Peter and Susan will be on holiday between September 9th and 15th.
If you have any pastoral concerns, please talk to one of the Pastoral Care Team.*

Deadline for next month's newsletter Sunday 23 September

Please send information to Magnus, as Gwyneth will be away
(office@penrallt.org or 353355)

High and Dry... on a ship!

Jon Williams was a student at Bangor University and worshipped with us here at Penrallt. Over the past year he has been serving aboard the ship *Logos Hope* which is a run by OM (Operation Mobilisation). The ship visits ports all around the world, reaching out to people materially and spiritually in many ways to share the Christian message and bring help to those who need it. Since its work began in 1970 it has visited more than 150 countries and welcomed over 42 million visitors onboard. The ship has been in dry dock in Subic Bay, Philippines, for the last few months for an overhaul and Jon sends us this update.



'The *Logos Hope* is still in dry dock and we are still busy updating the ship's systems in preparation for the next 20 years of ministry. This has involved 5 months of hard work, removing old rusty pipes and systems and replacing them with the new ones. As a ship community we are looking forward to the crew changeover this September when we will be meeting the new crew members in Sattahip, Thailand. I personally am in the process of changing departments and I am looking to join the events management team, where I will be involved in organising conferences, kids programs and cultural nights etc.'

Here at Penrallt we support Jon with this work financially and in prayer, so please uphold him and the crew with their ministry on the *Logos Hope* in your prayers.