



Penrallt Baptist Church

Newsletter: August 2022

Jesus comes to find you and to strengthen you

Jesus knows when times are tough, and He comes to find you. This is what Martin Young said in a recent sermon on John 9v35 looking at the experience of the man who had been born blind. Jesus healed this blind man. Then, because the man testified boldly about his experience of healing from Jesus, he was thrown out of the temple and out of the society of his family and friends. When Jesus heard what had happened to the man, He came and found him. Jesus spoke to him and inspired him. Jesus helped him to go deeper in his faith. Jesus strengthened him.

We believe that Jesus is alive today. Sometimes God "speaks to us" today to give us encouragement. This might be as we read the Bible, or through others, or through a word or through music or through a picture. He doesn't speak in a way which is contrary to His authoritative word (the Bible), and He might sometimes speak to us by His Spirit to challenge or correct us. However, that isn't the only way God speaks. God very often speaks by His Spirit to strengthen, encourage and comfort us. This is how God speaks through us when we are given prophetic words for one another (1 Cor. 14).

I recently cried out to God for encouragement and God responded by giving me a picture. The Bible is full of people calling out to God, and God responding. So let's be open to what God might want to say to us — wherever we are and whatever we are doing. He is alive today, now. When we call out to God, He always hears and He loves us.

Blessings,

John

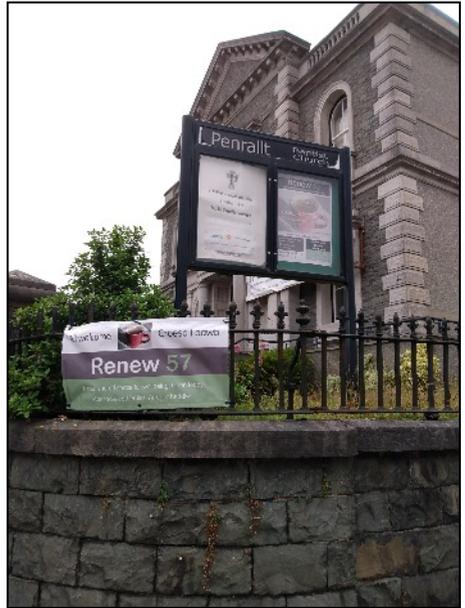
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Renew 57

Anyone and everyone is 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 wellbeing. This ran as a pilot until mid-July and we enjoyed it so much that we decided to carry on (volunteers permitting) through the summer and beyond. Please continue to pray for the team. If you'd like to know more, speak to Magnus or, even better, drop in and see for yourself.



Children's Birthdays in August

26th: Reuben Tough
28th: Rees Allen

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). *NB Magnus is often working from home; office hours still apply but you are advised to check before travelling to the building.*

Deadline for next month's newsletter: Tuesday 23rd August

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

Morning Services This Month

Our morning services continue to be in a hybrid format, in the building and on Zoom. Please see the website for up to date information about services and any Covid regulations which may be in force. The link for the Zoom meeting and recordings of past services, where available, are also on the website.

Morning services start at 10:30am on Sundays. During the school summer holiday the children and young people remain in the service; activities will be provided for the children and the services will be aimed to engage the young people as well as the adult congregation; parents will be able to take their children through and use the crèche toys in the hall if they need to.

Sunday 7th August

The Parable of the Sower.

All-age service led by Becca Williams.

Sunday 14th August

Elijah.

1 Kings 18. All-age service led by John Thompson.

Sunday 21st August

Jesus, King of the party.

Matthew 22:1–4. All-age service led by Peter and Rachel Calvert.

Sunday 28th August (Communion service)

Let God write your story.

2 Corinthians 5:17-20. Preacher: Ama Eyo.

Communion will be served in a Covid-safe manner to those in the building.

Those on Zoom will need bread and wine (or equivalent) to fully participate.

Becca is our youth and student worker. John is our minister. Peter and Rachel are among our mission partners, working in France (see the Focus article on the back page for more about them). Ama is one of our deacons.

Evening Services

Following a successful restart of evening services in May, we are taking a summer break and reviewing the various formats we have tried, with the intention of relaunching them in September.

◇ **Alpha**

We are planning to run our next Alpha course on Wednesday evenings from 28th September. The course will run for 11 weeks. Please pray for Wendy B and the team as they prepare for it, and pray about who you might invite as a guest.

◇ **CAP (Christians Against Poverty) help with debt in Bangor**

There is a CAP centre (Menai Debt Centre) in Bangor. This helps people who are struggling with debt. The first step is to call the free help line number: 0800 328 0006 (Monday–Thursday 9:30–5:00, Friday 9:30–3:30).

◇ **Church Fellowship Events**

We are not having a fellowship event on the first Sunday of August. We hope to have a beach trip in September.

◇ **Foodbanks**

Bangor Cathedral Foodbank 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. To find out more please visit www.bangorfoodbank.org

Mosaic church also have a Foodbank at Coed Mawr Community Centre, which is open 9:30 – 11 on Tuesday, Thursday and Saturday mornings. Contact Christine King on 07734 667011.

◇ **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.

◇ **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 one of our homegroups 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, Tuesday and Thursday evenings and on Tuesday and Friday mornings (most groups meet weekly).

We also have contact, care and prayer groups to enable people to stay connected and receive prayer support even if they are not in a homegroup; these groups do not meet together but each one has a designated person to contact the other group members regularly. Please contact the church office if you are not part of a contact, care & prayer group or a homegroup and would like to be.

◇ **Men's Fellowship**

Our men's fellowship group generally meets on the first Wednesday evening of the month. We are taking a break in August but aim to restart in September with a trip to the Gazelle (on the road to Beaumaris). Please contact Magnus (office@penrallt.org) if you would like more details when they are available.

◇ **Open The Book**

Cytûn have an 'Open the Book' team that goes into Hirael school to deliver the dramatized Open the Book Bible Stories and they need more team members. Open the Book is an initiative by the Bible Society. This is a fun and effective way to support having a Christian presence in assemblies at primary schools – especially as it has been agreed by educational authorities. This is a very effective ministry and is a great way for Penrallt to continue our links at Hirael too. Please speak to Sarah or John if you are interested and we can you in contact with the team leader (who is at St John's Methodist).

◇ **Penrallt on Facebook 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 (as defined by Facebook, i.e. request to join)
specifically to share prayer requests and encouragements
- *Penrallt Student Fellowship* (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:

www.youtube.com/channel/UCwK0_IPqAVqGKwQREg6JhHg

www.facebook.com/penralltbc

www.facebook.com/penralltyouth

◇ **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: Magnus Forrester-Barker (07890 109645); Geoff Moore (01248 410582); Gwen Hicks (01248 353648); Monica Morris (07827 472637), Abi Penney (01766 890624); John Thompson (07931 150697). Please pray for the team.

◇ **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 (see above). To meet and pray with others, you are welcome to join our weekly Zoom prayer meetings on **Wednesdays at 11:30am**; please contact the church office if you need the connection details. Our Saturday morning Zoom prayer meeting and the monthly prayer meeting in the church building (usually are on the second Sunday at 6pm) are both taking a summer break and should be back in September.

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

On Saturday 13th August we will be meeting at Llanfairfechan Beach Pavilion carpark (LL33 0BY) at 10:30. We will be walking along the nature reserve to the Hide and back, approx. 2 hours, finishing with refreshments at the Pavilion.

If anyone would like a lift, please contact Averil (01248 421744).

The Programme for the remainder of the year is as follows (all events in Canolfan Penrallt, starting at 10:30):

- 10/9 – Crafts-sewing/knitting etc
- 8/10 – Theme Country Day
- 12/11 – Film
- 10/12 – Preparations for Christmas

A warm welcome is extended to all women, including family and friends.

◇ **Students**

We look forward to welcoming new and returning students in September, as well as any who are here over the summer. If you would like to know more about how you can fit into the Penrallt family or just want a friendly chat, our student co-ordinator, Becca (students@penrallt.org) would love to hear from you.

◇ **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.penrallyouth.org, as well as our [Penrallt Youth Facebook page](#) and [Instagram group](#). Contact our youth worker, Becca (youth@penrallt.org), for more information.

Kitchen Update from Lesley Jackson

You may have noticed a few changes in the kitchen recently.

Ellie and I have done the Level 2 Food Hygiene Course. One of the biggest risks in any kitchen is **cross-contamination**. Ours isn't a commercial kitchen but it's only wise to apply basic hygiene principles, especially when handling food and welcoming visitors. Let's try to be sensitive without getting stressed. The Pandas and Renew teams have already risen to the challenge, but it's good for us all to be aware. Here are a just few pointers:

There is a new pedal bin (hands-free!) and recycling bags and the small brown caddy for food waste (spare bags under the sink). Food waste, coffee filters and tea bags should go in the brown caddy then to the larger brown bin by the dust-bins which is emptied weekly.

Please don't leave food waste, especially in warm weather.

If you come in to use the kitchen, **please wash your hands first** and dry them with paper towels (wash too after handling refuse if you're going back to serve, etc.) The small basin is solely for hand washing. If you use tea towels and dish cloths, take them away for a hot wash, please.

'**Wash and Squash**' plastic if needed. Soiled stuff can cause a whole batch to be rejected.

There are child-proof catches on the left-hand cupboard below the sinks, (cleaning materials). Pull gently to open and press down on the bar.

Several groups leave dry goods in the **cupboards**. Please use sealed containers. Putting your 'name' on them helps, also with things left in the **fridge**. With ongoing activities like Alpha and Renew, add the date. **Warning!** From time to time there may be a purge on the fridge and nameless stuff left for a long time may be thrown away. Please don't leave a lot of **milk** in the fridge, it can be wasted. If you have an open bag of **sugar** in a kitchen cupboard, please make use of one of the red-topped plastic canisters you'll find in the cupboard on the right below the sinks. if there aren't any there, let me know.

Finally (for now!) **we need more volunteers for the Pandas tea & coffee teams** after the morning service. You will only be on every 2 months or so and the more people we have, the longer the break. It's a good way to get to know everyone. Home Group leaders – would you like to do this as a group? Please grab me for more information, the next rota is in preparation.

Thank you all,

Lesley

Focus on...

Peter & Rachel Calvert **Serving with France Mission**

This article was provided by the Calverts, our mission partners in France who will be visiting us and leading our service on 21st August. For more about them and their work see the Focus articles from our [August 2021](#) and [August 2020](#) newsletters, the latter of which includes a list of previous Focus articles about them.

This time we would like to introduce you to the region where we live and work, the **Région Centre Val de Loire**. In terms of surface area, it's almost twice the size of Wales. But, whereas the population of Wales was estimated at about 3.1 million in 2018, the population of *Centre Val de Loire* is a little smaller (2.58 million in 2014). About half of the inhabitants live close to the Loire River, including us.



In many parts of the region, cereal growing is important, as is the production of nuclear energy (we have four nuclear power stations). In the Loire Valley, where we live, tourism is significant too.

There are evangelical churches in all the largest towns (Tours, Orléans, Bourges, Blois, Chateauroux, Chartres...) but many of the smaller towns are without an evangelical witness. The network of churches of which we are part (Perspectives) works in 11 towns in the *Centre Val de Loire*. But churches often struggle to reach a viable size, and large distances between towns make it especially challenging to share resources and work closely together. There are few full time pastors; we have some wonderfully dedicated volunteer deacons and elders, but in many contexts, leaders are stretched and needs are considerable.

We would love to be able to continue to work and minister in this region which is one of the least well-served in France in terms of gospel witness and Christian resources. Peter is currently pastoring a church in the town of Romorantin, and we are seeking God's direction about where we can be most useful in the coming years. From a family / schooling point of view, we would like to stay in Blois (Our three girls are all at secondary school at the moment). But we want to be open to other possibilities too. Thank you for your prayers!



*Peter, Rachel, Anna, Sophie
and Inès Calvert*