



Newsletter: August 2026

This month we continue our occasional series of lead articles written by church members.

Rest

“Make sure you have a good rest.” The summer months are often the time when we might hear this kindly meant phrase, but to be honest, I struggle to truly rest. Even if I’m sat in the sun with a cup of coffee as I am now, my thoughts race. I think about all the things I feel I should be doing. I wonder if I am resting and know I’m not. I always want to do a bit more, to get closer to doing better and I think that’s the problem. I’m a teacher and all experienced teachers know that there is never a bottom to the work pile. That’s true of other areas of life too. So the issue is that however hard I try, I’m not going to get there, but what if what I really believe is that it will only be enough if I do? When the job is done, then I can rest. But that’s impossible. But... God.

My very wise mum always says, “You’ve got to let go and let God” and she is, of course, right. Really letting go and letting God depends on believing what He thinks about us. In her song “You say”, singer Lauren Daigle describes “fighting every single lie that tells us we don’t measure up.” She finishes with “in you I find my worth, my identity.” Sometimes, I forget how to rest because I’m trying to do it all in my own strength. I’m looking for worth in the wrong place and it’s exhausting.

Jesus says, “Come to me all who are weary and heavy burdened and I will give you rest.” (Matthew 11:28) So I’m going to let go, let God and rest. I hope you can too.

Blessings,

Trudie Tough

Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU

www.penrallt.org

Minister: Revd. John Thompson; 07931 150697; minister@penrallt.org

Secretary: Jan Ablett; 07703 188632; secretary@penrallt.org

Treasurer: Cathy Fooks; 07729 892303; treasurer@penrallt.org

Administrator: Magnus Forrester-Barker; 07934 231788; 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). In the summer holidays we aim to keep services to around an hour and alternate between all-age services, which include activities for children, and ones where the children up to 11 go out for activities together part way through the service and the older ones stay in for the whole service. We will be working through a sermon series on people changed by Jesus.

Sunday 2nd August (All-age)

Preacher: Peter Jones

A hated tax collector changed by Jesus

Sunday 9th August (11+)

Preacher: John Thompson

An outcast woman changed by Jesus

Sunday 16th August (All-age)

Preacher: John Thompson

Two confused sisters changed by Jesus

Sunday 23rd August (11+)

Preacher: John Thompson

Two amazed soldiers changed by Jesus

Sunday 30th August (All-age communion)

Preacher: Wendy Lemon

Back to School with God

Service Videos

Recordings of sermons from morning services are generally available both on our [YouTube channel](#) and on our own [website](#). Please contact the church office if you would like a link to recordings of full services. We would ask you, please, to refrain from taking photos and videos during our services due to safeguarding concerns.

Fellowship Event

After our morning service on the first Sunday of the month, we usually have a walk together but we will be taking a break in August.

Evening Services

We are taking a break from evening services over the summer and will restart in September, with one communion service each month in addition to the bimonthly, bilingual Codi Mawl service that is hosted in turn by Caersalem, Goleudy and Penrallt.

Eileen McKenna

We announce with sadness the death of Eileen McKenna last month, shortly before the funeral of her husband, Phil. Eileen was a member of Penrallt for almost 30 years and will be deeply missed by all who knew her. Details of the funeral are still being arranged at the time of going to press, but it is expected to take place at Penrallt in August. Please contact the church office or look for an updated version of the newsletter to find details when they become available.

Information in this newsletter is correct, as far as possible, at the time of publication. Please see our website (www.penrallt.org/news/) for revised newsletters and more up to date information, as details are subject to change.

Other Events in August

♦ Bangor YFC prayer meeting: Wednesday 5th August, 7pm

We will be hosting a prayer meeting for Bangor Youth For Christ in the Twrgwyn Room at Penrallt (please use the side door to come in). This is a space for us to come together across churches, backgrounds, and generations to pray with one heart and one purpose: to see the lives of young people in Bangor transformed by the love of Jesus. All are welcome. At the moment a major prayer request is to find a suitable candidate for the recently advertised role of Centre Director.

♦ Renew 57: Every Thursday, 10:30am–12:30pm

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), free of charge (including refreshments). 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 Simon (s.lambourne565@btinternet.com) or Magnus (renew@penrallt.org) or drop in and see for yourself.

♦ Soul Sisters: Saturday 8th August, 10:30am

Soul Sisters is Penrallt's women's fellowship group, that meet once a month for a varied programme of activities to which all ladies are welcome. This month they are meeting in Averil's garden for morning refreshments and a picnic (bring a chair) from 10:30 onwards. If you require directions please email/phone Averil (francishac3@aol.com/01248 421744).

♦ Cuppa with a Copper: Thursday 20th August, 3–4pm

An opportunity to chat informally with the Police Community Support Officer for Upper Bangor, PCSO Ana Roberts. This drop-in is held at Canolfan Penrallt (our rear hall).

♦ Men's Breakfast: Saturday 22nd August

Our men's fellowship group usually meet on the last Saturday of the month for food and friendship at Ian Ablett's home in Caernarfon between 9 and 11am, but will be meeting a week earlier than normal this month! All men are welcome. Please contact Ian (ianablett57@gmail.com) or the church office for details, or to offer/request a lift.

Children's Birthdays in August

5th: Levi Dawson

20th: Warren Masih

31st: Samuel Akinkunmi

Other Information

♦ 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. 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.

♦ 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.

♦ 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), 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) or John Thompson (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).

♦ 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.

♦ Mission Co-Ordinators

Owen Lloyd-Evans and Nia Evans are our Mission Co-ordinators and may be contacted by email on missions@penrallt.org for more information about our mission partners around the world. The [Focus](#) article at the back of the newsletter each month also shines a spotlight on one of our mission partners or some other mission-related activity.

♦ 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); Pat MacKenzie (07594 419979), Geoff Moore (01248 410582); Monica Morris (07827 472637), Abi Penney (07776 270399), John Thompson (07931 150697). Please pray for the PCT as well.

♦ Penrallt on Facebook, Instagram and YouTube

We have three Facebook groups — *Penrallt* (www.facebook.com/groups/2402772192) is a general group for information and social interaction; *Penrallt Prayer Point* (www.facebook.com/groups/302627593231755) is a private group to share prayer requests and encouragements; you can probably guess the target audience of *Penrallt Students* (www.facebook.com/groups/195300234272943)!

We also have a YouTube channel and a Facebook page (both called *Penrallt Baptist Church*):

- www.youtube.com/@penralltbaptistchurch
- www.facebook.com/penralltbc

♦ Prayer Resources

Send prayer requests, thanksgiving and testimonies to our weekly email prayer diary via office@penrallt.org — use this address, too, to subscribe to the prayer diary, which usually goes out on Mondays, or Tuesdays in the event of bank holidays. 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. *Please note that the Saturday prayer meeting is taking a break for the summer holidays and will resume in September.*

♦ 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, at most services. This is often at the end of the service, sometimes during communion or at other times; 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, 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. Our Pastoral Care Team 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.

♦ Students

We love to welcome students as part of our church family. For more information about activities for students, or just for a friendly chat, please feel free to drop us an email to students@penrallt.org. Also, don't miss our Penrallt Students Facebook group.

♦ Youth

Our mid-week youth group, *Youth.*, is run by Bangor YFC with volunteers from Penrallt, Mosaic and other churches. This runs on Thursday evenings at Penrallt during term-time, from 7pm to 8:45pm, and is open to all youth (11–18). It features games and activities, with a gentle presentation of Christian values and principles. Registration is required, and can be done at <https://tally.so/r/noqO4Z>.

Our Sunday morning youth group, *Deeper*, takes place during the morning service with the young people (11–18) going out part way through the service to study the Bible and apply it to their lives. In the summer holiday, the young people will stay in throughout the service.

For more information, email us at youth@penrallt.org.

Notices for Sunday Mornings

The notices in morning services are collated by Magnus in the church office, so if you would like a notice included please send it by email to office@penrallt.org by no later than noon on the Friday. All notices are included at the discretion of the duty deacon who presents them at the start of the service.

Notices for the Monthly Newsletter

The deadline for next month's newsletter is Wednesday 26th August. 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

Sign up to receive email notification (and a PDF link) when the newsletter is published each month, as well as other news updates from time to time. To join or leave the list please send an email to office@penrallt.org.

Focus on...

Penrallt's Mission Partners

Serving around the world

We are privileged to support a number of our Christian brother sisters who are engaged in mission activity around the world, providing both prayer and financial support for them. We normally focus on one individual, couple or organisation each month, but here is a handy summary to help you pray for all of them:

- **Claire Bedford** works with BMS at Guinebor II hospital in Chad, as part of the hospital management team and providing supervision for the pharmacy staff. She is due to be finishing in this role later this year and currently expects to return to working as a pharmacist in the UK.
- **Paul and Sarah Brown** work with BMS in Thailand, principally teaching and providing pastoral care to students at the Siloam Bible Institute in Chiang Mai, where they work closely with the Thailand Karen Baptist Convention.
- **Peter & Rachel Calvert** work in France with Perspectives (Peter) and A Rocha (Rachel). Formerly in St. Etienne and then Blois, they are now based in Le Blanc Mesnil, a suburb of Paris, where Peter became the pastor of a church about a year ago. Rachel is the daughter of Gwen Hicks, one of our church members.
- **Chris & Anna Hembury** work in Hull with the Church Mission Society, sharing life with people on the margins and supporting them to connect with themselves, each other, the planet and God. They have recently found themselves in a time of transition, with several long-term ministries coming to an end and some new ones beginning.
- **Colm & Catherine Ó Brolcháin** have been working with OM Ireland for the past 20 years (after Colm took up a one-year role as a caretaker!) with Catherine focusing on pastoral care within the team and Colm engaging in many outreach activities, including driving the Big Red Bus (a mobile ministry platform) around Ireland and occasionally beyond. They are retiring at the end of August but will be continuing to serve the Lord and his Church.
- **Mark & Eve Young** work with the Light House Community, a Baptist Home Mission church on the West Shore in Llandudno, where Mark is the pastor. Their vision is to reach out beyond the walls of their church to those who would never normally step inside a place of worship.

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Focus on Penrallt's Mission Partners (ctd.)

- **Bangor Street Pastors** are dedicated to showing God's love on the streets of Bangor, usually on Friday evenings, through listening, caring and helping. The team includes several members of our own congregation (currently Andy, Gill, Inma, and Magnus). Recently the street pastors have started also helping in Bangor Cathedral on Friday afternoons.
- **Gobaith Môn** work in secondary schools on Anglesey to share the love of God with the young people there and to help them navigate the complexities of life as a teenager.
- **Bangor Youth For Christ** is part of the YFC network, which has a vision for "Seeing Young People's lives changed by Jesus". The work in Bangor was launched in 2024 as a joint venture between Penrallt, Mosaic and St John's. Our Centre Director, Grace O'Boyle, has just stepped down in order to move to London with her husband who is pursuing a call to ministry, so we are now looking for somebody else to take on this role and continue the work, going in to secondary schools and other community spaces, leading and supporting Christian youth work and mission among the young people of Bangor.
- **Open the Book** is a Bible Society initiative that takes God's Word into primary schools through dramatised presentations of Bible stories.
- **Bangor University Christian Union** are committed to sharing the gospel with their fellow students in Bangor. Penrallt usually hosts their fortnightly main meetings and the evening meetings and prayer breakfasts for their week of outreach events every February.
- **Baptist Union Home Mission** is all about helping Baptist churches and individuals to reach their mission potential and bring the love of God to their communities. It is the Baptist family purse and provides support for a number of church projects around the UK. Penrallt was supported by a Home Mission grant in the past and both New Park Street English Baptist Church in Holyhead and the Light House Community Church in Llandudno (see above) are currently supported by Home Mission.
- **Christian Aid** is a global movement of people, churches and local organisations that exists to create a world where everyone can live a full life, free from poverty. Founded 80 years ago, Christian Aid is founded on the truth that everyone is equal in the sight of God.
- **Tearfund** is a Christian charity working in more than 50 countries where conflict, climate disaster and injustice push millions of people into extreme poverty. They have worked with more than 3.3 million of the world's most marginalised people to help them move themselves out of poverty for good.

For more information about any of these, please contact office@penrallt.org