



# Penrallt Baptist Church

Newsletter: May 2021

## ***Don't Duck Out!***

I've often used the analogy of the geese flying in V formation and how this enables geese to fly larger distances, and that we too should travel together in faith. National Geographic magazine informs me that the Pink-Footed Geese are soon heading off back from the UK to Greenland and Iceland, and other geese are heading to Russia and even Canada. Together, they are able to travel thousands of miles. Scientists have successfully modelled the airflow benefits of the V-formation which is significant. Travelling together also enables them to share leadership so that birds at the front don't get tired. They can all see where they are going and the geese at the back are responsible for 'honking' at the flock to encourage them. In total, it is claimed that this increases the range of the flock by as much as 70%.

We are hoping things will open up. We are hoping that we are on a trajectory out of Covid and social distancing and lockdowns. We give thanks that we are able to start meeting outside in small groups. We give thanks for the vaccination programme. We are planning towards opening the church. At the same time, new variants are developing. We recognise the repair and care which is required for one another and for our community. Many are still suffering physically or emotionally. It's a confusing time and an unsettling time. We also see other countries struggling and in a far worse situation than we are and our hearts go out to them too, and we pray for them.

But we do know that we are enormously blessed by being together. Let's encourage one another and 'not give up meeting together' (Heb 10v25). The Christian faith is intended to be lived in relationship and community together with other Christians. We all need one another in order to grow in faith.

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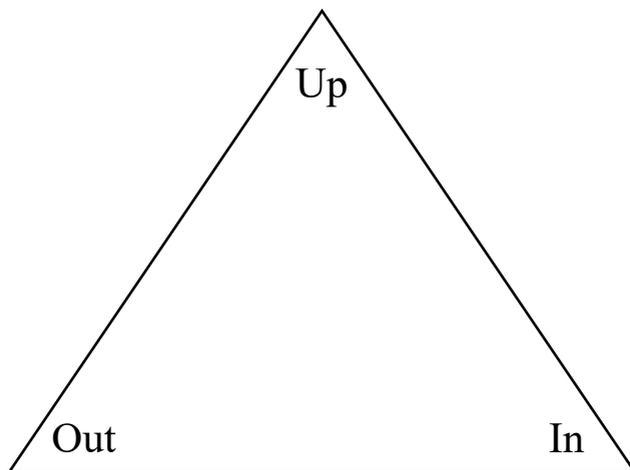
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I recently spoke of the importance of balance of Up, In and Out in the Christian life – modelling the life of Jesus. As we enter this next phase, we ensure that we continue to prioritise our time with God and build in time to rest. We continue to encourage one another and we make the most of the opportunities that we have to reach out with the good news, compassion and love of Jesus.

Blessings,

*John*



### ***Children's Birthdays in May***

12<sup>th</sup>: Oisín Patton  
22<sup>nd</sup>: Ezra Bale

17<sup>th</sup>: Leon Dempster  
31<sup>st</sup>: Harry Stevens

#### ***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 – 3pm Monday to Friday, except Bank Holidays). *NB Magnus is working from home at the moment but office hours still apply.*

#### ***Deadline for next month's newsletter: Tuesday 25<sup>th</sup> May***

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

## ***Services This Month***

All our services remain online for the moment, though we hope to start reintroducing a congregation to the building for our live services soon. For now, services more or less alternate between live services broadcast over Zoom from the church building and prerecorded services in the format that we have established over the past year. All services are open to everyone, including students. The live services generally start at 10:30am on Sunday mornings and while the pre-recorded service pages can be followed at any time we recommend starting those at 10:30am on Sunday too and then joining us for a chat on Zoom at 11:30am. Live services are noted in the list below.

Links to upcoming services, along with further information, can be found on our website ([www.penrallt.org/services](http://www.penrallt.org/services)); there you will also find the pages for past services including recordings, where available, of live services.

We hope and trust that we have now ironed out the major technical glitches that we experienced in the live services in April but we thank you for your continuing patience and prayers.

### **Sunday 2<sup>nd</sup> May**

*Love Your Enemies*

Luke 6:27–37. Preacher: Lesley Jackson.

### **Sunday 9<sup>th</sup> May (Live)**

Ascension Sunday. Preacher: John Thompson.

### **Sunday 16<sup>th</sup> May**

*Specks and Planks*

Luke 6:37–42. Preacher: Donald Poirot.

### **Sunday 23<sup>rd</sup> May (Live)**

Pentecost Sunday. Preacher: John Thompson.

### **Sunday 30<sup>th</sup> May (Communion)**

*Bearing Fruit and Good Foundations*

Luke 6:20–26. Preacher: John Thompson.

The first part of this service will be pre-recorded but the communion will be **live on Zoom, starting at 11:30am** (followed by a chat as usual). You will need bread and wine (or equivalent) to fully take part in communion.

Note that the sermons on 2<sup>nd</sup>, 16<sup>th</sup> and 30<sup>th</sup> May are part of our ongoing series, [Love, Trust and Follow Jesus](#). Previous sermons in the series can be found on our website.

## ◇ **Building**

If you need to enter the church building, please contact the church office beforehand to obtain permission and arrange access. Please note that the Canolfan is in use as a polling station for the election on 6<sup>th</sup> May so please avoid entering the building on that day unless you are going to vote.

## ◇ **Children's Work**

Sunday school for 5–11s meets online every Tuesday at 6pm via Zoom, for about 45 minutes. There is a Facebook messenger group used by families in the church for general communication and support. We share information about church activities for children and families but also use it to support one another with whatever is happening. Please contact the church office if you would like to join in.

## ◇ **Christian Aid Week**

This year's Christian Aid Week runs from 10<sup>th</sup> to 16<sup>th</sup> May, but things get going with a quiz on Saturday 8<sup>th</sup> May. See the [Focus](#) article at the end of the newsletter for full details of the week's programme and an insight into what Christian Aid Week is all about.

## ◇ **Church Members' Meeting**

At our AGM in April, the date of the next meeting was set as Monday 12<sup>th</sup> July. Further information about the meeting will be sent to members in due course. If you would like to become a member or to find out what membership means in a Baptist church contact, please speak to John (minister@penrallt.org) or Owen (secretary@penrallt.org).

## ◇ **Foodbank**

Bangor Cathedral Foodbank is open 2 – 3pm every Monday, Wednesday and Friday, operating from Tŷ Deiniol (the Diocesan Centre) next to Bangor Cathedral. A referral from another service is normally required to access the foodbank but they are able to give people up to two emergency food parcels without a referral. To find out more about how you can access or contribute to the foodbank please visit [www.bangorfoodbank.org](http://www.bangorfoodbank.org)

## ◇ **Giving**

We quite understand that financial difficulties may impact your ability to give to the work of the church at this time. Please do not place yourself under additional financial strain. However, if you normally give to the weekly cash offering and would like to explore other ways of giving to the work at Penrallt, please speak to Averil, our Treasurer, who will be able to advise (treasurer@penrallt.org).

## ◇ **Hardship Fund**

The church has a small fund overseen by the minister 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](mailto:sarah.jackson.home@gmail.com)) or John Thompson ([minister@penrallt.org](mailto:minister@penrallt.org)) in confidence. And if you are in a position to add to the hardship fund, please speak to Averil Francis ([treasurer@penrallt.org](mailto: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. The groups currently meet on Zoom and other online platforms on Monday, Tuesday and Thursday evenings and on Tuesday and Friday mornings (most groups meet weekly). Contact the church office to find out more or be put in touch with a group.

There are 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. Once again, please contact the church office if you are not part of a contact, care & prayer group or a homegroup and would like to be.

## ◇ **Momentum**

*Join us in the Wave of Prayer – Momentum 2021: Change the atmosphere.*

At Penrallt, we plan join in a Wave of Prayer across Wales organised by the South Wales Baptist Association, to ask God to “change the atmosphere in our community”, and to “Build His Kingdom Here”. More details about the full arrangements for the prayer session will be announced later. For now, please note the time and date: 7:30pm on Wednesday 9<sup>th</sup> June 2021.

For an introduction to Momentum, see <https://youtu.be/ZZNV13uA49w>

There is also a Momentum page on Facebook. If you ‘like’ this you will get regular updates and thoughts dropped onto your social media:

<https://www.facebook.com/baptistmomentum/>



## ◇ **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); Monica Morris (01407 840439), John Thompson (07931 150697).

## ◇ **Penrallt on Facebook and YouTube**

We have three Facebook groups:

- *Penrallt* ([www.facebook.com/groups/2402772192](http://www.facebook.com/groups/2402772192))  
a general group for information and social interaction
- *Penrallt Prayer Point* ([www.facebook.com/groups/302627593231755](http://www.facebook.com/groups/302627593231755))  
a private group (as defined by Facebook, i.e. request to join)  
specifically to share prayer requests and encouragements
- *Penrallt Students* ([www.facebook.com/groups/195300234272943](http://www.facebook.com/groups/195300234272943))

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

- [www.facebook.com/penralltbc](http://www.facebook.com/penralltbc)
- [www.youtube.com/channel/UCwK0\\_IPqAVqGKwQREg6JhHg](http://www.youtube.com/channel/UCwK0_IPqAVqGKwQREg6JhHg)

## ◇ **Prayer Resources**

Send prayer requests, thanksgivings and testimonies to our email prayer diary via [office@penrallt.org](mailto:office@penrallt.org) – email this address, too, to subscribe to the prayer diary, which goes out every week (usually on Mondays). We also have a Facebook prayer group (see above) which allows more interactive sharing of prayer requests and updates, and prayer meetings via Zoom on Wednesday lunchtimes at noon and Saturday mornings at 8:30am (please contact the church office if you need the connection details for either meeting).

The Baptist Union have resources for prayer and reflection at [www.baptist.org.uk/Groups/338269/Prayer\\_and\\_reflections.aspx](http://www.baptist.org.uk/Groups/338269/Prayer_and_reflections.aspx), as well as other resources at [www.baptist.org.uk/Groups/337630/Coronavirus.aspx](http://www.baptist.org.uk/Groups/337630/Coronavirus.aspx) and at [www.nwba.org.uk/](http://www.nwba.org.uk/) with encouraging articles and stories, prayer broadcasts and reflections.

## ◇ **Shopping**

Do you need help with shopping? Or does someone you know need help with shopping? We would love to help. We have a small team of volunteers able to shop for those cannot get to the shops themselves. If you would like to use this service, or join the team, please contact the church office ([office@penrallt.org](mailto:office@penrallt.org)).

*Focus on...*



## **Christian Aid Week 10–16 May 2021**

### **Double Threat of Climate Chaos and Covid**

The focus of this year's Christian Aid Week is the twin threats of Covid-19 and the climate crisis. Christian Aid is asking us to stand in solidarity with those at the very brunt of these global crises, specifically with all those forced to walk long distances to collect water for their families.

Handwashing in our homes, a key line of defence against coronavirus, is not an option for the world's three billion people who do not have access to soap and water at home. But while coronavirus has sharpened this issue of a reliable source of water, the impacts of climate change remain the biggest challenge for the communities Christian Aid works with. Unpredictable water sources, triggered by erratic weather, are pushing families into extreme poverty as crops fail, livestock die, and incomes are destroyed.

In Kenya Christian Aid is helping people in rural communities where drought has become more frequent and intense, resulting in food shortages for millions of people as crops struggle to grow. In 2020, drought was followed by relentless rainfall and flooding in some parts of the country, causing further crop damage. With no access to reliable water sources or a way to capture rainfall, many families are pushed to the edge of survival.

People like Rose – a 67-year-old widowed grandmother who, in times of drought, spends hours walking 8km each way to collect water – have little time to do other activities like growing food to eat or sell.

Christian Aid partner organisations are empowering communities to access and build water dams or rock catchments near their homes, so women and children are spared the long and often hazardous walk to collect water and families have an accessible water supply for their crops, livestock and hygiene needs.

Christian Aid Chief Executive, Amanda Khozi Mukwashi has urged the British public to support efforts to help some of the world's poorest communities protect themselves from the threats of Covid-19 and the climate crisis. Amanda said: "People living in poverty are on the frontlines of the climate crisis. They are losing food, water, homes and family. Every day, they walk further, dig deeper and build stronger to survive. They battle the worst of a climate crisis they did not create. This is unjust. Now they face a double threat, as coronavirus threatens lives and livelihoods like never before. Let us stand together with those on the frontlines to battle coronavirus and fight for climate justice. With God's vision of a more just world in our mind's eye and hope in our hearts, let us raise our voices as one to create lasting change, before it is too late."

This year also sees the UK host the G7 summit where leaders of some of the world's richest nations meet to discuss global issues and COP26, the next annual UN climate change conference. Both provide opportunities to increase the pressure on government leaders for change.

Amanda adds: "We're calling for an increase in financial support to the world's poorest countries and for their debts to be cancelled so they can better confront the climate crisis. We need a green recovery that leaves no-one behind – either in the UK or in the world's poorest countries – and a stop to the expansion of fossil fuel energy."

This year, continued restrictions on gatherings have forced Cytûn Banogr to become more creative with the fundraising during Christian Aid Week! But every donation will help some of the world's poorest communities. You can make a donation to the Bangor Christian Aid Week JustGiving page: <https://www.justgiving.com/fundraising/or15202> Please see below for Bangor Christian Aid Week events.

£5 could buy a shovel to build a dam, £10 could buy a pair of taps at a water point and £42 could buy 350kg of cement to build an earth dam.

To find out more about how to build pressure for change for a greener, fairer world visit <https://www.christianaid.org.uk/get-involved/campaigns/climate-justice-2021>.

### ***Bangor Christian Aid Events***

Cytûn Bangor will not be doing door-to-door or a street collection this year, due to the ongoing Covid restrictions. However, you are encouraged to participate in the following events and make a donation to Christian Aid via the Bangor Christian Aid Week JustGiving page: <https://www.justgiving.com/fundraising/or15202> (If you prefer to donate by cheque, please contact the [church office](#) for details of where to send your cheque; please do not send it to the office)

- **Quiztarian Aid** – National Online Event on Saturday 8<sup>th</sup> May 2021 at 7:00pm. Christian Aid's fun filled online quiz has returned and is suitable for all of the family. It'll be hosted by special guests Tobi and Prisca Bakare, Rhidian Brook, Kris Marshall, Kate Bottley and Rowan Williams. Sign up here: [www.christianaid.org.uk/appeals/key-appeals/christian-aid-week/virtual-events](http://www.christianaid.org.uk/appeals/key-appeals/christian-aid-week/virtual-events)
- **Christian Aid Service** on Zoom on Monday 10<sup>th</sup> May at 12:30pm.
- **Virtual Concert** on Zoom, on Friday 14<sup>th</sup> May at 7:30pm. We are looking for volunteers to record themselves, their household group etc. singing, playing a musical instrument, reciting a ditty or telling jokes etc. The recordings will be edited together to create the concert. To get the link to the concert, you need to donate on the Bangor Christian Aid Week JustGiving page (see above).
- **Plant and Cake Stalls** in the Bible Gardens, below the Cathedral, on Saturday 15<sup>th</sup> May from 10:00am to 12:00pm. Please contact Sarah Jackson if you can bake a cake for this or have plants to donate.