Newsletter: November 2026

Get into a cycle of growth

We've entered the time of year when the clocks change, the temperature changes, and the days get shorter. It all happens so fast! However, the change of season gives us an opportunity to refocus. What will be our pattern of life? What will be our aim?

In the first chapter of Colossians (1v9-12), Paul invites us into a cycle of growth.

Paul starts by praying "be filled with the Holy Spirit" and mentions two things that come from the Holy Spirit which we might not always attribute to the Holy Spirit: Wisdom and Understanding (Col 1v9). The Holy Spirit is a package. He speaks to our hearts. He wants us to experience God's peace, love and truth. To experience God's compassion, grace and mercy. The Holy Spirit puts our troubled hearts at rest. The Holy Spirit gives us peace and perspective. Things then start to fall into place. We then have more of the 'wisdom of God'. We are then in a better place to trust God. To wait on him.

In the Old Testament, King David had the wisdom of the Holy Spirit and honoured God in how he was determined to wait on God. In spite of other opportunities coming his way to do things the way of the world, David knew he should wait and he waited on God's timing. If only King Saul had done the same when he should have waited for Samuel. We too need the wisdom of the Holy Spirit of God to discern God's will.

We also need the understanding of the Holy Spirit. The core of this is to know that we are saved by grace through Christ's death for us on the cross. To know that we are children of God. To know that we are saved for a purpose. This is the part of the wonderful combination of Word and Spirit: Wisdom and Understanding.

Jesus reminds us to ask to be filled: Luke 11v13: "how much more will your Father in heaven give the Holy Spirit to those who ask him".

The result of being filled with the wisdom and understanding of the Holy Spirit is that we can live lives that please God and are worthy of the Lord (Col 1v10). That'd be a good aim for the new season.

Blessings,

John

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). Children and young people go out part way through the service for Sunday school (primary school / up to 11) or *Deeper* (secondary school / 11 – 18); a crèche is also available for younger children. The children and young people stay in for all-age services; the crèche is still available.

Sunday 1st November (All-age) Preacher: John Thompson
All-in!
See below for details of what's happening after the service.

Sunday 8th November (Remembrance Sunday) Preacher: John Thompson
Honouring and Praying (Colossians 4:2–18)
This service will include an Act of Remembrance with 2 minutes' silence at 11am.

Sunday 15th November (Safeguarding Sunday) Preacher: Josh Hinton
Josh is Head of Communications at LICC (see the event on 14th November, below)

Sunday 22nd November Preacher: Donald Poirot
The gate, the road, and the destiny (Matthew 7:13–14)

Sunday 29th November (Advent Sunday; Communion) Preacher: John Thompson
Hope

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.*

Evening Services

We usually hold one regular evening service each month, a communion service on the second Sunday at 6pm, and there are sometimes additional services. This month's evening services are:

Sunday 8th November (Communion) Preacher: Peter Jones
Christian living that blesses others

Sunday 15th November at Goleudy (7pm; refreshments served from 6:30pm)
Codi Mawl — a bilingual worship evening in Welsh and English, hosted jointly between Caersalem (Caernarfon), Goleudy (Llangefni) and Penrallt (Bangor) once every two months, with praise, prayer, testimony and thanksgiving. All are welcome and translation facilities are available for those who don't speak Welsh. This time we are meeting in Llangefni Town Hall (LL77 7LR).

Sunday 29th November
Service of Remembering and Thanksgiving led by John Thompson.
This is an opportunity to come together before our God, remembering and giving thanks for people who were close to us who have died.

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 November

◊ **All-In: Sunday 1st November after the morning service**

Praying and Serving at Penrallt. Stay for tea and coffee as usual after the service and find out about the various things that we do. Investigate information at the various stands and chat to those involved in areas of ministry and serving. Find out about all that God is doing here at Penrallt. Get information about how you can pray for these ministries and consider getting involved yourself too. All invited to Get Stuck In!

◊ **CAP Prayer Meeting: Monday 2nd November, 7-8pm**

Christians Against Poverty are holding a prayer meeting at Coed Mawr Community Centre (LL57 4TB), to which all are welcome.

◊ **Cylch Penrallt Tots: Wednesdays, 9:30–11am**

This is our group for pre-school children and their parents/carers, running during the school term on Wednesday mornings from 9:30 to 11am, with access from 9:15am. £1 per adult (with up to 3 children). Toys, fun play and activities. Snack, tea and coffee. Songs for tots in English and Welsh. Come along for a good space to safely play, to have fun, and to enjoy some good company together.

◊ **Bangor YFC prayer meeting: Wednesday 4th November, 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.

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

Renew 57 is a space for the whole commmunity, 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.

◊ **Pathways: Saturday 7th November**

Penrallt is hosting the North Wales hub of the Pathways training course run by Cardiff Baptist College. It is divided into modules each split across two sessions. The November session will conclude the two-part module on *Pathways into Baptist Identity* started in October. It is necessary to book in advance (and pay) to attend these sessions, which can be attended on a 'per module' basis. For more information or details of how to register with the College, contact John Thompson (07931 150697).

◊ Soul Sisters: Saturday 14th November, 11am

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 visiting Oriel Môn in Llangefni, where there will be a Christmas Craft Fair. Afterwards they will meet to have lunch at the café. For more information, please contact Averil (francishac3@aol.com/01248 421744) or Ellie.

◊ LICC Vision Tour: Saturday 14th November, 3pm in Colwyn Bay

Speakers Ken Benjamin and Josh Hinton from the London Institute for Contemporary Christianity will be visiting Prince's Drive Baptist Church (LL29 8LA) as part of their UK wide Vision tour, exploring how living as a disciple of Jesus can transform your daily life and work. The event starts at 3pm, with food and refreshments from 5pm. Tickets are free but pre-booking is essential. For more information or booking, please visit https://licc.org.uk/events/vision-tour-2026-north-wales-colwyn-bay/

◊ Tearfund Big Quiz: Saturday 14th November, 7:30pm

See the Focus article at the back of this month's newsletter for more information.

◊ Baptist Leader's Fellowship: Cancelled

The final BLF meeting of the year was due to take place in Colwyn Bay on Monday 16th November but this has now been cancelled. The next meeting is expected to be in January on Zoom.

◊ Work Party: Saturday 21st November, 9am – 1pm

Owen says: "Do we have a great building? Yes, we have a great building. It is old and majestic. Which is lovely. But old and majestic things have needs. Our building has needs. We are paying about £6000 to paint our outdoor woodwork at the moment. It just needs doing. And buildings do not wait until you are ready. They just keep on getting dirty/slightly broken/tired etc. Our building is all that (as well as the majestic bit). We are having a morning on Saturday 21st November where I hope we can tick some jobs off the list, ranging from general cleaning and tidying to changing the letterbox on the side door, painting railings or dealing with a sticking window and considering ventilation solutions for the flower room."

"If you are reading this and think 'this is for me' then please get in touch on buildings@penrallt.org and we can sort things out. Of course, you are welcome to cruise in on the day and roll your sleeves up, but it is always nice to know how many might come beforehand. And if you think that a job has your name on it, but you are not available on the day, then arranging access is easy-peasy."

◊ Worship and Prophecy Evening: Wednesday 25th November, 7pm

John 10:27 — "My sheep hear my voice, and I know them and they follow me."

A safe, healthy and scripturally sound space for listening to God and hearing from him for each other and for our church family. Spend some time worshipping in His presence together. Develop your prophetic spirituality and bless and encourage one another and the church as we tune into the voice of our Good Shepherd. This will take place in the chapel and is open to all within the Penrallt community. For more details, contact Abi Penney (07776 270399).

◊ Men's Breakfast: Saturday 28th November

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. All men are welcome. Please contact Ian (ianablett57@gmail.com) or the church office for details, or to offer/request a lift.

◊ Messy Church — Christmas: Sunday 29th November, 3–5pm

This is a free family event where we will explore the theme of Christmas through crafts, games, activities and a meal. The activities are aimed at children aged between 3 and 11, but there is a crèche space for younger ones as well as games that teenagers will enjoy, so bring the whole family!

Please note: all under 18s will need to be supervised by an adult at all times for safeguarding reasons; similarly adults will only be admitted if accompanying children.

It is helpful if you can sign up in advance for this so we can provide suitable amounts of craft materials and food: https://penralltbc.churchsuite.com/events/epqqi4v1 (or use the QR code). Messy Church is designed to be accessible to those who are not used to church, so invite your friends too!

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 Grace (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 Grace Adeola (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 Social Media

Announcements about Penrallt events, and other things that may be of interest to our congregation, can be found on our Facebook page, *Penrallt Baptist Church* (www.facebook.com/penralltbc). We also have Facebook groups:

- *Penrallt* (www.facebook.com/groups/2402772192) — a general group for information and social interaction;
- *Penrallt Prayer Point* (www.facebook.com/groups/302627593231755) — a private group to share prayer requests and encouragements.

Our YouTube channel, containing videos of sermons from our morning services, is also called *Penrallt Baptist Church* (www.youtube.com/@penralltbaptistchurch).

◊ 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 12pm** and on **Saturdays at 8:30am**; please contact the church office if you need the connection details for either meeting.

◊ 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

◊ 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/n0qO4Z.

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.

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

Notices for Sunday Mornings or the Monthly Newsletter

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.

The deadline for next month's newsletter is Wednesday 25th November. 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...

tearfund

Tearfund is a Christian charity working in more than 50 countries where conflict, climate disaster and injustice push millions of people into extreme poverty. We're called to live and love as Jesus did. To go to the hardest places, stand with the most vulnerable, and refuse to accept lives being destroyed by extreme poverty. That's why Tearfund exists. Not just to respond to poverty, but to help end it.

Tearfund is one of Penrallt's Mission Partners with the Men's Breakfast being the specific group that supports that work within Penrallt.

We are holding a Tearfund Big Quiz event on Saturday 14th November at 19:30 in the Canolfan to learn more about where and how Tearfund is currently working inside Uganda as well as to raise funds for that work.

We're suggesting cash donations at the event of £5 per person, if possible, with teams sized at around 4-5 people; teams can be made up of family, friends, homegroups or other organisation groups — and we can put together teams on the night for those attending individually. Do come along and let's 'quiz' together!

The venue is booked, light refreshments and our technical set up are both planned and we have a very special Quizmaster booked! We're using Tearfund's set questions and answers which are closely guarded — around 8 rounds (with possible extra fun rounds too).

Please could you:

- **Pray for this event**, that it will broaden our understanding as well as raise funds for the work of Tearfund. We're showing over the next few weeks a short but inspiring film — Natalina's story, which describes the difference that support from churches like Penrallt is making in Uganda;
- **Publicise this event** amongst your friends — it will be publicised in Cytûn churches through our church representatives, but please "pass the message on" as well and let your friends know too. We will be also advertising the event on our Facebook page and posters are available if you want one to display, for example to publicise the Big Quiz in your work or a local community hall? Penrallt's event is also published on the Tearfund Big Quiz Night website.
- Be **present** if you can get there?

We look forward to seeing you there.