



# Penrallt Baptist Church

**Newsletter: October 2022**

## ***What will I be remembered for?***

As I approach my 50<sup>th</sup> birthday, I'm thinking back over so many fun and happy memories. Mountain top experiences and opportunities. I give thanks to God for all the many good things I've enjoyed. There have also been times of difficulty, or sadness. Disappointments and frustrations. And my overall reflection is that throughout all these varied times, God has been faithful and his love has always remained. I know the love of God. I know that I have peace with God through Jesus because of his cross and I have an eternal hope. Lisa and my family continue to be an amazing support and blessing to me. I give thanks for them. I'm also hugely blessed to have had the love and support and companionship of God's people, the church. Families of believers that I've journeyed together with. Those I have supported and those I have been supported by over the years — including our wonderful family of Christian friends here at Penrallt.

It's been a privilege to take time in our services in mid-September to mourn together and to reflect on the life of our late Queen Elizabeth II. Penrallt, like any Baptist church, does not recognise the monarch as the head of the church, but the Bible tells us to pray for those in positions of responsibility. It has been good to take time to celebrate the faith and example of our late Queen. She will be remembered for many good things. For me, it is particularly her personal witness to Jesus in her Christmas speeches, her sense of duty and her tireless work with charities — including many Christian charities.

So as we reflect back and look forward, and as we each seek to honour God in our lives and in our situations, I pray that we too will be remembered well.

Blessings,

*John*

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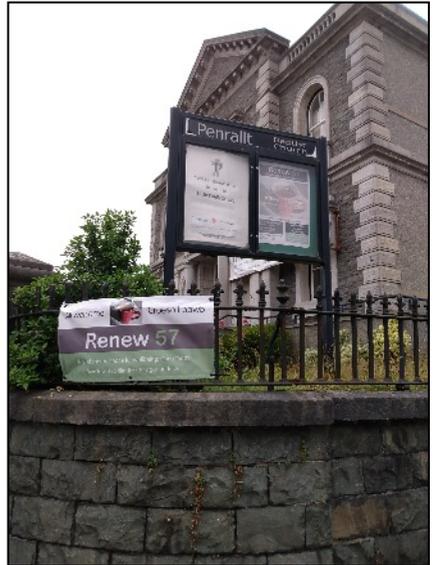
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## ***Renew 57***

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. Please continue to pray for the team. If you'd like to know more, speak to Adrienne ([adrieferrada@hotmail.co.uk](mailto:adrieferrada@hotmail.co.uk)) or Magnus ([office@penrallt.org](mailto:office@penrallt.org)) or, even better, drop in and see for yourself.



## ***Alpha***

Our new Alpha course started on 28<sup>th</sup> September and will be running on Wednesday evenings between 6:30 and 8:30pm finishing with a Christmas party on 14<sup>th</sup> December; there's also an away-day in November. The course is free and is open to all; it's not yet too late to join (or to invite someone). This is a great way to explore the Christian faith for those who are new to it and those who want to consolidate their foundations. Please keep the guests and the team in your prayers.



## ***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 – 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: Sunday 23<sup>rd</sup> October**

Please send information to Magnus ([office@penrallt.org](mailto: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. 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.** Children and young people go out part way through the service for Sunday school (Primary school / up to 11) or *Deeper* (Secondary school / 11 – 17); crèche facilities are also available for younger children.

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

*A spiritual dimension.*

Acts 19:11–17. Preacher: Arwel Jones.

### **Sunday 9<sup>th</sup> October**

*A response of deeper discipleship.*

Ephesians 3:10–12, Acts 19:18–22. Preacher: John Thompson.

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

*Prayer.*

Ephesians 3:14–19. Preacher: Donald Poirot.

### **Sunday 23<sup>rd</sup> October**

*Harvest: Immeasurably more.*

Ephesians 3:20–21. Preacher: John Thompson.

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

*The riot in Ephesus.*

Acts 19:23–41. Preacher: John Thompson.

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.

Arwel is a member of Capel Caersalem in Caernarfon; John is our minister; Donald is a church member. All the sermons this month are part of our ongoing series looking at the early church in Ephesus.

## ***Birthday Bash: 2<sup>nd</sup> October***

Straight after the morning service, you are welcome to join us as we celebrate our minister John's 50<sup>th</sup> birthday and other landmark birthdays for which the celebrations have been missed or muted due to Covid or other reasons. Fun for the whole church family — a bring and share lunch with cake, as well as games, challenges, face painting and more.

## ***Evening Services This Month***

Following a pilot period in the summer, we now restart our evening services with a varied programme of formats.

**Evening services start at 6pm on Sunday** and take place in the chapel unless otherwise noted, usually lasting around an hour to an hour and a half. Unlike our morning services, they are not recorded or broadcast on Zoom. Also, there will not be an evening service on the first Sunday of the month; instead we continue our fellowship activities in the afternoons (including our Birthday Bash on 2<sup>nd</sup> October — see previous page for details).

Here is the programme for evening services in October:

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

*No service.*

### **Sunday 9<sup>th</sup> October**

Contemporary worship service led by Matt Dawson.

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

Prayer meeting led by Ama Eyo.

### **Sunday 23<sup>rd</sup> October**

Reflective service with communion led by John Thompson.

### **Sunday 30<sup>th</sup> October**

Café service led by Becca Williams.

Note that this service will probably be in the rear hall.

Matt is our deacon with responsibility for worship and Sunday services; Ama is our deacon with responsibility for prayer; John is our minister; Becca is our youth and student worker.

### ◇ **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 Meeting**

Our next meeting for church members is due to take place on Monday 10<sup>th</sup> October at 7:30pm in the chapel, with the option to join via Zoom. Papers for the meeting, along with a Zoom link, will be emailed to members shortly.

If you are not a member and would like to become one or to find out what membership entails, please speak to John ([minister@penrallt.org](mailto:minister@penrallt.org)) or Owen ([secretary@penrallt.org](mailto:secretary@penrallt.org)).

## ◇ **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](http://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](mailto: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](mailto:sarah.jackson.home@gmail.com)) or John Thompson ([minister@penrallt.org](mailto: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](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. There are groups on Monday, Tuesday, Wednesday and Thursday evenings and on Tuesday and Friday mornings. Most groups meet weekly, though some are fortnightly and we have groups meeting in person and groups meeting online (or a combination of the two).

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.

## ◇ **Induction and Prayer Walk**

Mark Young, a former member of our congregation, is being inducted as the minister of the Lighthouse Community Church on the West Shore in Llandudno (LL30 2BY) at 2pm on Saturday 22<sup>nd</sup> October. The service will be followed by refreshments. All are welcome, but if possible please let us know by Monday 16<sup>th</sup> October if you plan to attend so we can provide them with numbers for catering.

Mark will also be leading a prayer walk (or drive, depending on mobility and weather) from the Haven Café in Llandudno to the church building, starting at 2:30pm on Sunday 16<sup>th</sup> October. There will be tea and coffee at both ends.

### ◇ **Light Party**

We are hosting a Light Party in our church building on **Monday 31<sup>st</sup> October** between 4:30 and 6:30pm as an alternative to Halloween. The event is free and there will be games, crafts and activities for all ages. If possible, please sign up at <https://www.eventbrite.co.uk/e/penrallt-light-party-2022-tickets-428493504607> as this helps us know numbers for catering.

### ◇ **Men's Fellowship**

Our men's fellowship group usually meet on the first Monday evening of the month. We will be meeting on 3<sup>rd</sup> October at 6:30pm for pizza, games and chat. All men are welcome. Please contact Magnus ([office@penrallt.org](mailto:office@penrallt.org)) if you would like to join the mailing list for future events.

### ◇ **Open The Book**

Cytûn have an *Open the Book* team that goes into Ysgol Hirael to deliver dramatized Bible Stories. Open the Book is an initiative by the Bible Society and is a fun and effective way to have a Christian presence in assembles at primary schools, especially as it has been agreed by educational authorities. This is also a great way for Penrallt to continue our links at Hirael. Please speak to Sarah or John if you are interested and we can put you in contact with the team.

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

We have three Facebook groups:

- *Penrallt* ([www.facebook.com/groups/2402772192](https://www.facebook.com/groups/2402772192))  
a general group for information and social interaction
- *Penrallt Prayer Point* ([www.facebook.com/groups/30262793231755](https://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 Students* ([www.facebook.com/groups/195300234272943](https://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](https://www.youtube.com/channel/UCwK0_IPqAVqGKwQREg6JhHg)  
[www.facebook.com/penralltbc](https://www.facebook.com/penralltbc)     [www.facebook.com/penralltyouth](https://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); 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](mailto:office@penrallt.org) — use this address, too, to subscribe to the prayer diary, which goes out every week (usually on Mondays). There are also prayer cards in the church porch that you can use to submit items for the prayer diary.

We also have a more interactive Facebook prayer group (*Penrallt Prayer Point*: [www.facebook.com/groups/30262793231755](https://www.facebook.com/groups/30262793231755)). 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 (also listed at the bottom of our email prayer diary each week). Our monthly prayer meeting takes place in the church building, usually on the third Sunday of the month at 6pm as part of our evening service structure (see *Evening Services*, above, for details).

## ◇ **Sponsored Walk for TIDE**

Kathleen Coleman is holding an event at the Pavilion Cafe in Llanfairfechan on Thursday 13<sup>th</sup> October at 2pm in the form of three walks to suit all ages and abilities: A walk around the yachting pond, a slightly longer one along the tarmac to the gate, or for the fitter participants a circular walk taking about an hour. This event, with Kathleen's Inner Wheel club, is to raise money for TIDE (Together In Dementia Everyday) in recognition of their support when she lost her husband Peter to Alzheimer's last January and the years leading up to this when she was acting as his unpaid carer. TIDE aim to give unpaid carers a voice to access the services available at the time of diagnoses. Kathleen writes: "It is so easy to become forgotten when you become a carer and lose confidence. I don't know how I would have coped without their support especially during Covid when I was unable to see or speak to my husband for four months at the start of the pandemic. Unfortunately due to the economic situation TIDE is in danger of folding and I am doing this to raise money and also the profile of the charity."

Afterwards tea will be available in the Pavilion cafe on the Prom. It should be an enjoyable social occasion and people can be sponsored or just come along and give a donation. For more information please contact Kathleen (07711 710364; [kathleenmcoleman@btinternet.com](mailto:kathleenmcoleman@btinternet.com)).

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

Our next meeting is on Saturday 8<sup>th</sup> September at 10:30 in the Canolfan, a "Theme Day" with a small lunch and dance. A warm welcome is extended to all women, including family and friends. If you would like to stay for lunch please advise Averil ([treasurer@penrallt.org](mailto:treasurer@penrallt.org)) beforehand to enable us to cater.

## ◇ **Students**

Our student programme for this term is now under way. 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](mailto:students@penrallt.org)) would love to hear from you. Don't miss our student Facebook group: *Penrallt Students* ([www.facebook.com/groups/195300234272943](http://www.facebook.com/groups/195300234272943))

As well as our Birthday Bash on 2<sup>nd</sup> October for the whole church family (which includes students), there will be events just for students after the morning services on 9<sup>th</sup> October (lunch at a church member's house) and 16<sup>th</sup> October (pizza and games). Bangor University Christian Union will have their weekend away on the weekend of 23<sup>rd</sup> October, so we have a break from our own student activities that week.

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

*Focus on...*

## **Gobaith Môn** **Serving the youth of Anglesey**

Gobaith Môn is a Christian charity that aims to bring hope to the youth of Anglesey by encouraging and developing youth work in schools, churches and communities.

One of Gobaith Môn's leaders, Amy Turner (née Burrows) is well-known to many of us as she grew up in Penrallt and



her parents are still church members. Amy has prepared a video to tell us about the work they do: <https://youtu.be/7M6IT4bfkSQ>

*(NB if you have a printed copy of the newsletter you can scan the QR code to the left, which points to the same place as the clickable link in the PDF version).*

