



Newsletter: September 2026

Walking with God

I enjoy walking in the Welsh mountains when I get the opportunity. Particularly on a bright clear day with a view. I've had fun walking in misty or rainy weather too. Just enjoying being outdoors, having a fun shared experience and a good workout! Having a walk in our own neighbourhoods is also a nice way to wind down, enjoy nature and recharge. It can also be a good time to pray.

In Jesus' time few people had a horse or donkey. No trains, buses or cars. So if you needed to get to another town or village you'd walk. It could take days. Walking was a big part of daily life. When Paul talks about 'walking' here, he is talking about how you do daily life. The way you are as a person. What you do and how you do it.

For some of this term we're going to be looking at the book of Colossians. Paul talks about walking on three occasions. "Walk in a manner worthy of the Lord", "continue to walk in Him just as you received Him" and "Walk in wisdom" — particularly when walking with those who don't yet know Christ.

This is good advice for us all. Let's walk in such a way that our 'walk of life' honours God. Walk in such a way that we stay close to Jesus. Like we did when we first knew him. In grace and in his love. And let's walk lovingly and wisely with others who don't yet know Jesus. Walk in such a way that our lives draw others to him.

Blessings,

John

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www.penrallt.org

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(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). 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 6th September

Heading for glory

Preacher: Peter Cousins

Exodus 14 & 19

Sunday 13th September

Keep going!

Preacher: Simon Lambourne

Philippians 3:13–14

Sunday 20th September

Bearing fruit and growing

Preacher: John Thompson

Colossians 1:1–14

Sunday 27th September (Communion)

Who Jesus really is

Preacher: John Thompson

Colossians 1:15–23

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 Events

We are very grateful to Jenny Willis for organising monthly fellowship events over the past several years. Jenny has now stepped down from this role and we are looking for somebody to take it over so we can continue these events. If you are interested, please speak to Wendy Lemon (wendylemon@icloud.com).

Evening Services

After our summer break, evening services resume in September. We will now be holding one regular evening service each month, a communion service on the second Sunday of the month at 6pm. There will sometimes be additional services. This month's evening services are:

Sunday 6th September (7pm at Caersalem, Caernarfon, LL55 2RB)

Codi Mawl — A bilingual (Welsh/English) service, hosted jointly by Caersalem (Caernarfon), Goleudy (Llangefni) and Penrallt. This time Caersalem are hosting. Refreshments will be served beforehand from 6:30pm and translation facilities are available for those who do not speak Welsh.

Sunday 13th September (Communion)

Christian living with Jesus as the heart of who we are

Preacher: Neil Rymer

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 September

♦ Bangor YFC prayer meeting: Wednesday 2nd September, 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 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.

♦ Cylch Penrallt Tots: Wednesdays, 9:30–11am (starting 9th September)

This is our group for pre-school children and their parents/carers, running during the school term. Formerly on Monday afternoons, it will now be 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.

♦ Soul Sisters: Saturday 12th September, 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 at Canolfan Penrallt (our rear hall) from 10:30 until noon, continuing the theme of “Getting to know you”, finding out what each other's occupations are/were and telling funny or interesting stories of the workplace. For more information, please email/phone Averil (francishac3@aol.com/01248 421744).

♦ Baptist Leaders' Fellowship: Friday 18th September, 10:30am

The next meeting of the BLF will take place on Zoom. This will be a discussion about the lack of ministers and ministerial candidates, led by Rob Beamish. Rob is currently the pastor of Prince's Drive Baptist Church, Colwyn Bay, but will be stepping down soon to take up an appointment within the Baptist Union. The BLF is open to anyone in any leadership role within the church. The Zoom meeting will be running from 10am; contact office@penrallt.org if you would like the connection details.

♦ **Men's Breakfast: Saturday 19th September**

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 (for the second time in a row, although we should be back to normal in October)! All men are welcome. Please contact Ian (ianablett57@gmail.com) or the church office for details, or to offer/request a lift.

♦ **BUGB Safeguarding Training: Saturday 26th September**

As a church, we take safeguarding seriously and one of the ways we try to keep everyone safe is by ensuring that those working with children or adults at risk undertake training, refreshed every 3 years, to keep them aware of safeguarding procedures and practices. We use training material provided by the Baptist Union of Great Britain and our courses are delivered by Wendy Lemon, our trustee in charge of safeguarding and Designated Person for Safeguarding. Those who need to attend the training on this occasion have already been invited. A copy of our Safeguarding Policy Statement can be viewed on the noticeboard outside the church office and both this and our Safeguarding Policy and Procedures are available on the church website at www.penrallt.org/safeguarding/

♦ **Church members' meeting: Monday 28th September, 7:30pm**

The next meeting for church members will take place in the building and on Zoom on Monday 28th September (this is actually our October church meeting, but slightly earlier than usual!). Papers will be circulated to members before the meeting. If you are not a church member and would like to know more about membership, please speak to either John (minister@penrallt.org) or Jan (secretary@penrallt.org).

At the meeting we'll be electing a Treasurer as Cathy Fooks comes to the end of her term of office in October. Wendy Lemon also reaches the end of her term of office as Deacon and has indicated her willingness to stand for re-election. Nominations for these roles will be open from 30th August until 13th September and should be submitted in writing to the church office. All our Deacons are Trustees of Penrallt Baptist Church, taking shared responsibility for the legal aspects of the church, and are registered as such with the Charity Commission. If you'd like to know more about the process of becoming a deacon then please speak to John or Jan.

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 23rd September. Please send information to Magnus at the church office. All items should be submitted in writing, preferably by email, as early as possible.

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 12pm** (half an hour later than it has been recently, to accommodate the new time for Cylch Penrallt Tots) and on **Saturdays at 8:30am**; please contact the church office if you need the connection details for either meeting. *NB the Saturday meeting will restart on 26th September after an extended summer break.*

♦ 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 (see above).

Student Welcome Plans 2026

New students are due to arrive in Bangor from Sunday 20th September. We will have a gazebo set up in front of our building during the day on Wednesday 23rd and Thursday 24th September and will be speaking with passing students and offering them information leaflets (about Penrallt) and chocolate.

Bangor University Christian Union will be running “Church Search” on Sundays 27th September, 4th October and 11th October. This involves CU members and church folk meeting with new students and taking them along to a church service, to help them feel welcome.

After the service, on Sunday 27th September and on Sunday 11th October, we’re asking members of the congregation to consider inviting some of our new students back to their homes for lunch — possibly with one of the existing students also in attendance. On Sunday 4th October, which is Harvest, we will be having a “bring and share” lunch in the Canolfan to which new and existing students will be invited (details of this are yet to be finalised).

How can I help?

- 1) First and foremost, **please pray** for our student outreach and pray for all new students to settle in and feel at home in Bangor and quickly adjust to being here.
- 2) If you are available on the 23rd and 24th, please consider helping Ian and John with the outreach to students. If you aren’t available then, please pray for them, as this is likely to be the first time they meet the new students.
- 3) Could you help with Church Search on one, two or all three of the Sundays it is running? We will need people to meet students in town at 9:30am and walk up to Penrallt with them, as well as people to serve refreshments and chat to the students before the service.
- 4) We are looking for hosts for the lunches on 27th September and 11th October.

Please contact Ian Ablett on students@penrallt.org if you can help with any of these things or would like more information.

♦ 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.

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

Open The Book

Taking God's Word into local primary schools

The start of September means a new school year, and with that comes another opportunity for Open The Book teams to go into primary schools and share stories from the Bible with the pupils and staff.

Open The Book (or OTB for short) is a Bible Society initiative running across the UK, including teams at Ysgol Hiracl and Ysgol Glancegin in Bangor. There has also been a team at Ysgol Cae Top but they are waiting to see whether they will be able to go in to the school this term. I am about to start my fifth year as part of the Ysgol Hiracl team.

The OTB website observes that “a Bible story well told has the power to spark the imagination, inspire exploration, give hope, create a smile, teach important lessons and connect generations” and describes itself as “an exciting storytelling project where Bible stories are shared with children in a way that is fun, interactive and memorable” [<https://www.biblesociety.org.uk/get-involved/open-the-book/>]

A few weeks ago, while I was on a street pastors patrol (a subject for another Focus article), I met a teenager who recognised me from OTB when he was in Ysgol Hiracl four years ago. Admittedly, that's not all that long but it does suggest that we are reasonably memorable and hopefully we manage to make the stories both fun and memorable too (we're certainly quite interactive)!

All OTB teams use material provided by the Bible Society in order to ensure that we are providing a consistent message and not straying too far from the biblical sources. Some stories are easier to present than others — it's much more of a challenge to keep the attention of a roomful of pre-teens when you are delivering (an albeit slightly condensed version of) Peter's Pentecost speech than when you are marching round the walls of Jericho and blowing a shofar (natural horn trumpet) as loudly as possible or being thrown into a den of lions.

The stories themselves are preceded by a brief introduction and followed by a short conclusion, pulling out some of the key themes of the story, and a prayer which the children are invited to participate in. Here are some ways that you, too, can participate in prayer:

- Please pray for the OTB teams, that we (including the Cae Top team) might continue to serve faithfully with energy and enthusiasm and clearly communicate the Good News of God.
- Pray for more volunteers to join the teams. (Maybe you could be one of them?)
- Pray for our audiences, that they would not just enjoy the stories but would be drawn to encounter Jesus for themselves.

Magnus