



Newsletter: August 2024

The Olympics: Training, mental well-being and rest

It's the Olympics! I've been dazzled by the things that people are able to train themselves to do. Simone Biles is only 4' 8" tall, but during her floor routine, she is able to jump to nearly twice her height (9' 4"). That is just a little lower than the rim of a basketball hoop. This enables her to perform an incredible, gravity defying move which has been named after her ('The Biles'). In this move, she spins twice with her full body length extended. Simone Biles has now won 5 olympic medals, 4 of them gold. This is all the more significant as she pulled out of the previous Olympics due to struggles with her mental health.

In our last preaching series on the Fruit of the Spirit, we reflected on 'training ourselves to develop Christian Character' and how 'training to improve' is different to 'trying to improve'. As we finished the series we asked God to prompt each one of us individually to identify one 'Fruit of the Spirit' where we need to improve. We ask God to help us by His Spirit to train ourselves to improve in that area.

The Apostle Paul says that as Christians, we are in training:

1 Corinthians 9v24: "Run in such a way as to get the prize. ²⁵ Everyone who competes in the games goes into strict training. They do it to get a crown that will not last, but we do it to get a crown that will last forever."

Paul urges us to be focussed. "Run in such a way as to get the prize". And to go into training to win at life! All good training gives adequate attention to our mental well-being and also involves good patterns of rest. Over the summer months many of us find more opportunity to rest. For others, their times of rest will be at other times. It is important for all of us to make sure that there is regular time for rest in our schedules.

Salvation is ours already. Eternal life is secured. It's God's grace that gives us our status and identity. Our training is to attain the goal of a life: A life lived well to the glory of God that endures to the end, wins the prize and receives the crown.

Blessings,

John

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). During the school summer holiday (21st July – 1st September) we are alternating between all-age services and ones where the young people aged 11+ stay in for the whole service and the younger children go out part-way through for videos and activities; both formats are aimed to fit within one hour.

Sunday 4th August

All-age service led by Perpetua Ifiemor and Solomon Adeola.

Sunday 11th August

Service led by Revd. John Thompson.

Sunday 18th August

All-age service led by Revd. John Thompson.

Sunday 25th August

Communion service led by Becca Jackman.

Service Videos

Recordings of sermons from morning services (except all-age ones) are available on our [YouTube channel](#) and our own [website](#). Please contact the church office if you would like a link to recordings of full services.

Evening Services

We are taking a break from our evening services over the school summer holiday to give the team a rest. Services are expected to resume in September. We have no evening service on the first Sunday of the month, when instead we encourage you to join our church lunch and fellowship activity after the morning service. For the rest of the month, services usually start at 6pm, following a variety of different formats. Unlike morning services, these are not generally broadcast or recorded.

Children's Birthdays in August

26th : Tamilore Sigbeku, Reuben Tough

31st : Tishe Akinkunmi

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.

Information in this newsletter is correct, as far as possible, at the time of publication. Please see the website for up to date information, as details are subject to change.

◇ **Baptist Leaders' Fellowship**

The next meeting of the Baptist Leaders' Fellowship (BLF) is due to take place on Friday 20th September, led by Tabea Dilling of BMS World Mission. Further details to follow in the September newsletter. The BLF is open to anyone who has a church leadership role at any level.

◇ **Church Lunch and Fellowship Events**

As many of our regular congregation are away on holiday at the moment, we have no church lunch this month, but we are planning a trip to Aberffraw beach on Sunday 4th August. Please speak to Jenny (fellowship@penrallt.org) to find out details of the starting time and location or to offer or request a lift. Don't forget to take your own lunch if you are going straight from church.

◇ **Flowers**

Judith says: "If anyone would like to help me with the flowers they would be very welcome. Similarly, if anyone would like to do some for a special occasion just let me know." Contact Judith on judithmbousfield@gmail.com or 01248 490956.

◇ **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.

◇ **Funeral**

The funeral of Lizzie Parry will take place at Bangor Crematorium on Friday 16th August at 2:30pm. You are invited to wear purple or animal print clothing.

◇ **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 that 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 to Thursday 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.

◇ **Kindle Kids’ Club**

Kindle is our fortnightly Friday night club (6 – 7pm) for primary school aged children. Dates for the autumn term are still to be confirmed. To find out more about Kindle, please contact Becca (youth@penrallt.org).

◇ **Men’s Breakfast**

Our men’s fellowship group usually meet once a month on Saturday mornings for food and friendship at Ian Ablett’s home in Caernarfon. All men are welcome. The next breakfast is due to be on 31st August. Please contact the church office or Ian (ian.ablett@open.ac.uk; 07759 718931) for more details or to offer or request a lift.

◇ **Messy Church**

We are exploring the idea of having Messy Harvest and Messy Christmas outreach events next term to build on our existing successful Light Party. Please speak to Becca or John if you are interested in helping or would like to know what Messy Church is!

◇ **Open The Book**

As invited guests in primary schools, storytelling teams use the Bible Society’s *Open the Book* programme to prepare and present a 10 to 15-minute scripted Bible story to a school assembly, involving the children as much as possible. This is a fantastic opportunity to share Bible stories with children who would otherwise never hear them. For more information, speak to Sarah Jackson or Magnus and visit the OTB website: <https://www.biblesociety.org.uk/get-involved/open-the-book/>.

◇ 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); Geoff Moore (01248 410582); Monica Morris (07827 472637), Abi Penney (01766 890624), 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)
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
- * *Penrallt Students* (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 and an Instagram account:

- * www.youtube.com/@penralltbaptistchurch
- * www.facebook.com/penralltbc www.facebook.com/penralltyouth
- * www.instagram.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 (provided any items for it have been received). 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.

◇ 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. We are hoping to offer prayer at most services. This is often at the end of the service, or sometimes during communion or at other times, but 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 and often as a pair. If you are a church member and would like to be on the team please speak to John or Jan. We also have a Pastoral Care Team who are able to offer a further level of support (see above under *Pastoral Help*). Please don't hesitate to approach John or another member of the Pastoral Care Team; their photos are on the wall at the back of the church.

◆ Renew 57 Weekly Drop-in

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), where you can 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 throughout this time 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 Adrienne (adrieferrada@hotmail.co.uk) or Magnus (office@penrallt.org), or drop in and see for yourself. Please pray for the team.

◆ Soul Sisters (Women’s Fellowship)

On Saturday 10th August we will be meeting at Llanfairfechan Beach Pavillion car park (LL33 0BY) at 10:30. We will be walking along the coastal path to the Nature Reserve which is flat and back, approx. 2 hours finishing with refreshments at the Pavilion which does lovely cakes.

If it is raining we will meet at the pavilion for refreshments and catch up. If anyone would like a lift, please contact Averil on 01248 421744.

◆ Students

We love to welcome students as part of our church family. We are hoping to appoint a new student co-ordinator soon but in the meantime you can still email students@penrallt.org as this address will be monitored by Magnus, our church administrator. Also, don’t miss our Penrallt Students Facebook group.

◆ Tearfund

After many years of excellent and enthusiastic service as our Tearfund rep, Averil Francis would like to hand the role on to somebody else. If you are interested, or would like to know what it entails, please speak to Averil or to Sarah Jackson.

◆ Toddler Group

Would you be interested to bring a toddler along to a toddler group? Or come along and help? Please speak to John.

◆ Youth: Ignite and Deeper

Ignite (usually meeting in the Canolfan at 7pm on Thursdays) is a social evening with games and activities, open to all youth (11–17). *Deeper* (during our Sunday morning service) provides opportunity to find out more about the Christian faith. For more information see our youth website, www.penrallyouth.org, as well as our Penrallt Youth Facebook page and Instagram group, or contact our youth worker, Becca Jackman (youth@penrallt.org).

Pre-loved Sustainable Clothes

We are excited to draw your attention to the following event!

PRE-LOVED SUSTAINABLE
CLOTHES
POP-UP EVENT

PROVIDING CLOTHES FOR THE WHOLE FAMILY WHERE THERE IS A NEED & SEEKING GOOD QUALITY ITEMS THAT ARE NO LONGER NEEDED BUT CAN BE A BLESSING TO SOMEONE ELSE.

FREE BUT YOU ARE WELCOME TO MAKE A DONATION IF YOU WISH WHICH WILL BE GIVEN TO CHARITY

SATURDAY 14TH SEPTEMBER
BETWEEN 10:00 AND 14:00
CANOLFAN AT PENRALLT BAPTIST CHURCH

Our desire is to bless people with clean, good quality clothes without any requirement whatsoever for any payment; yes, they are totally free! If anyone has a particular desire to donate any money, we will discretely transfer that money to one of the local food banks, simply because our aim is to totally remove any pressure to pay for the items; we had a strong sense that this was on our Father's heart.

The collection of clothing will be suitable for children as well as men and women.

If you are in touch with organisations who currently come alongside people and families who would benefit from this clothing, please speak to Jen Willis, Abigail Penney (ap@renovare.me.uk; 07776 270 399), Averil Francis or Cathy Fooks, so that we may send details of the event to them in good time.

Please help us to bless those who are struggling to clothe themselves or their families adequately because of the cost, or need smart clothes for an interview. Thank you.

Deadline for next month's newsletter: Sunday 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.

Focus on...

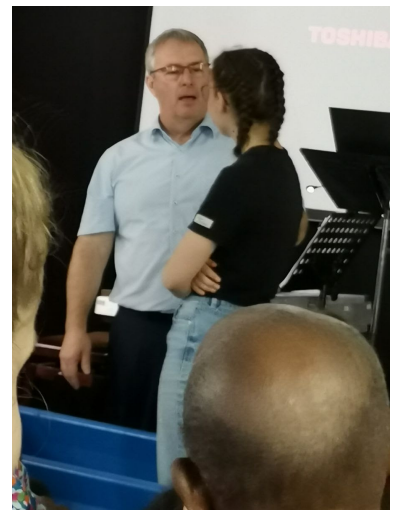
Peter & Rachel Calvert

Serving with Perspectives and A Rocha France

Peter and Rachel Calvert, along with their daughters Anna, Sophie and Inès, have been serving on the mission field in France — initially in Saint-Étienne and now in Blois (in the Loire Valley, central France) — for a number of years. The focus of their work has shifted somewhat from church planting into other avenues, but the aim is still very much to proclaim God's Word with power and demonstrate his love in all circumstances.

A cause for great rejoicing was Sophie's baptism in June, which was attended by quite a few of her school friends. The church council in Blois have asked Sophie to start a group for 14–18 year olds in September. Please pray for her as she plans that. Anna will be helping, but also plans to continue the school Christian Union.

At this time of year, Peter and the girls are busy with various Christian camps. Anna was helping to lead a camp for 6–10 year olds at Champfleuri (near Grenoble) in July while the rest of the family were at the Keswick Convention with Rachel's mum, Gwen. After a short rest, Anna will be going on to help at the Interaction B camp that Peter will be directing, as he has done for the past several years. Interaction camps are bilingual French-English Christian camps that bring together anglophone and francophone young people and give them a chance to practise their language skills while learning about Jesus through teaching from the Bible and thinking about some of life's bigger questions (there are also Interaction camps in Belgium and Germany; the latter are bilingual in German and English). Interaction B is for 11–15 year olds; Sophie is serving this year on Interaction A, for 9–13 year olds (there's also an Interaction C for 14–18 year olds). Inès will be attending Interaction B as a participant this year but it won't be too long before she too is helping to run the camps. Peter and Sophie will also be taking part in a scout camp and Peter also continues to provide pastoral support for a church in Romorantin, a town near Blois.



Meanwhile Rachel is kept busy as the chair of trustees for *A Rocha France*, a Christian-based conservation organisation. She is off to their headquarters at Les Courmettes in the south of France to prepare for a training week exploring the relationships between digital technology, faith and environmental issues, and asks for prayer that it will be a real time of reconnecting with God and with one another, equipping them to live more faithfully and winsomely when they head home.