



# Penrallt Baptist Church

## Newsletter for February 2012

Charles Haddon Spurgeon was one of the great preachers of the Victorian era. Known for his eloquence, his staunch Calvinism and his irrepressible sense of humour, he was also a man of profound spiritual insight and charismatic gifting. His little pamphlet *Effective Prayer*, based on the book of Job is a Christian classic. Let me quote from it:

*Prayer itself is an art which only the Holy Spirit can teach us. He is the giver of all prayer. Pray for prayer – pray till you can pray; pray to be helped to pray, and give not up praying because you cannot pray, for it is when you think you cannot pray that you are most praying. Sometimes when you have no sort of comfort in your supplications, it is then that your heart all broken and cast down is really wrestling and truly prevailing with the Most High.*

In our morning services we are examining Spiritual Disciplines for Ordinary People based on the book by John Ortberg entitled *The Life You've Always Wanted*. I don't wish to belittle the difficulty modern people face in finding time to pray with our hectic lifestyles and I don't want to fool you into thinking I find it easy to pray for hours, but surely we can do better than we are doing at the moment?

One of our Penrallt people wrote on Facebook recently "How is it a man can spend hours looking busy and achieve nothing?" The answer is "with consummate ease". You can be sure that when we achieve nothing it has been very well done. So how about carving out some prayer spots in your day? Five minute spaces when you drop out of everything and pray to God. Pray, as Spurgeon suggests, to be helped to pray. Look around you and use the objects you see to stimulate you: give thanks for them and let those same objects lead you to think about the people associated with them, then pray for them.

Our goal might well be to learn to pray until we act like Jacob in the Genesis story (chapter 32:24) who, while not being a man renowned for his prayer life before, found himself in a situation where the only thing he knew about prayer was to hold on to God. He had none of the fine words nor creative prayer exercises. All he could do was to hold on to God. And he did.

God loves to hear the sound of our voice. Don't disappoint him.

God bless,  
**Peter**

*(Spurgeon's pamphlet is available free in the public domain at [http://www.spurgeongems.org/chs\\_prayer.htm](http://www.spurgeongems.org/chs_prayer.htm) )*

## ***SERVICES IN FEBRUARY***

**Morning Services** are on the theme of Spiritual Disciplines for Ordinary People.\*

### **February 5**

10.30am ***Celebration worth Celebrating: The Discipline of Thanksgiving***  
*John 16:21-24*

2.15pm Service at Bontnewydd

6.00pm Communion Service. ***Go, Give Freely, Guard Yours Steps Wisely***  
*Mat 10:1-31*

### **February 12**

10.30am Roger Borlace: ***The Discipline of Slowing Down*** *Mark 1:32-39*

6.00pm ***Rest is a Prayer Away from us*** *Mat 11:25-30*

### **February 19**

10.30am Geoff Birch: ***The Discipline of Prayer***

6.00pm ***Religion that does more harm than good*** *Mat. 12:1-21*

### **February 26**

10.30am Communion Service. ***The Discipline of Servanthood: Appropriate Smallness*** *Luke 22:24-30*

6.00pm Roger Borlace: ***Fierce Confrontation*** *Mat. 12:22-50*

*\*The Life You've Always Wanted.*

We are doing a thirteen-part study on Spiritual Disciplines for Ordinary People, based on the book by John Ortberg *The Life You've Always Wanted*. We recommend that you buy the books and follow the studies week by week. It is on sale from Amazon for about £6. The Home Groups are following the studies in the book.

### ***Our Preaching Team for February:***

Peter Cousins is the minister. Geoff Birch and Roger Borlace are retired ministers, members of Penrallt.

### ***Church Lunch***

We will host a church lunch on **Sunday February 5<sup>th</sup>**. Please bring enough buffet style "finger food" for yourselves and one or two others.

### ***Faith Café***

Faith Café, which takes place after the evening service, is for students and young adults. Starting around 7:15 pm it is an evening of chat, interviews, music and discussions.

## ***SPECIAL DATES***

**Tuesday 31<sup>st</sup> January**

Start of the Alpha-Lite Course.

**Wednesday 1<sup>st</sup> Feb** 10:30am

Men's Prayer Meeting.

|                                 |         |   |
|---------------------------------|---------|---|
| <b>Saturday 4<sup>th</sup></b>  |         | Deacons' Away Day   |
| <b>Wednesday 8<sup>th</sup></b> | 7:00pm  | Cytun AGM in Penuel with talk by Clive Alder (minister of the Baptist Church in Holyhead) about Gobaith Môn: proposed schools work on Anglesey. |
| <b>Saturday 18<sup>th</sup></b> | 7:30pm  | Men's (Ginger) Beer & Skittles Evening (See 'Noticeboard')  |
| <b>Tuesday 21<sup>st</sup></b>  | 10:30am | Walking Group (see 'Noticeboard')   |
| <b>Friday 24<sup>th</sup></b>   | 2:00pm  | Pastoral Care Team meeting  |

### ***Living Life to the Full: New Tuesday evening course***

This is a new course led by Paul Hebblethwaite aimed at those coping with depression or anxiety, those who work or live with sufferers, or anyone who has an interest in the subject.

It follows on naturally from the CBT in a Christian Context course, but you do not need to have done it to sign up for the Living Life to the Full course. It lasts for 6 weeks and will begin on **Tuesday March 6<sup>th</sup>**, finishing on April 9th. More details will follow in February. Church members have already had the course explained to them at a church meeting, and we have that information available to anyone who wishes to know more. Ask Magnus for the information sheet.

### **ADVANCE NOTICE      Gift Day      Sunday 5<sup>th</sup> March**

On April 1<sup>st</sup> our sister church, the Welsh language Penuel Baptist Church in Bangor will be celebrating its bicentenary. This is a remarkable celebration and we have decided to mark the occasion by giving them a love-gift of £10,000 to refurbish their rather jaded kitchen facilities. To this end we will be holding a Gift Day in March to raise this sum.

Why are we doing this? Because we owe our church's existence to Penuel.

The first services in English were held in Penuel in 1865 by their minister J. D. Williams. Seven years later this group of English-speakers had decided to form Penrallt Baptist Church. Some members of Penuel had been concerned at losing members to the new church and were opposed to it. In the end, after discussion they came round to the idea and even opened their baptistry so that the new English speaking church could perform its first baptisms there. In 1875 our church inaugurated its building (which is now Capel y Ffynnon – we purchased our current building in 2003) having paid £523 for its construction to Evan Williams a local builder. However, Mr. Williams then presented them with an extra demand of £53. The Penrallt members could neither afford nor agree to this added expense and a long dispute ensued which came to the beginnings of a court action. Mr. Williams, it so happened, was a member of Penuel, and this caused them considerable concern. In the end, Penuel generously decided to give £53 to Penrallt in order that our church could end the dispute.

Our two churches have remained on good terms, and in recent years have moved closer together. Last year for the first time we had a "pulpit swap" one Sunday when their minister, Olaf Davies, preached in Penrallt (in English) and Peter and a team from Penrallt took the service in Penuel (in Welsh). This is the first time this has happened. The cooperation between our two churches has drawn comment from across the nation.

So, we ask you prayerfully to consider joining in this love-gift to our friends, brothers and sisters in Christ in Eglwys y Bedyddwyr Penuel on Sunday March 5<sup>th</sup>.

**ADVANCE NOTICE Tearfund Twmpath****Saturday 10<sup>th</sup> March**

There will be a Barn Dance in aid of Tearfund on Saturday, March 10<sup>th</sup> in Penrallt.  
More details later.

***WEEKDAYS***

***Please check with the contact people when there are meetings this month.***

*HG = Home Group*

| <b>Day</b> | <b>Time</b>     | <b>Details</b>                | <b>Contacts</b>  |
|------------|-----------------|-------------------------------|--|
| <b>Tue</b> | 8.00pm          | HG, Nilgiri                   | Joan Beer (353874)                                     |
| <b>Tue</b> | 7.30pm          | HG, Tyddyn Isaf, Menai Bridge | Magnus Forrester-Barker (717570)                       |
| <b>Wed</b> | 10.30am         | Men's Prayer Meeting          | Peter Cousins (353878)                                 |
| <b>Wed</b> | 2.00pm          | Carers' Home Group            | Carol Morris (716953)                                  |
| <b>Wed</b> | 7.00pm          | HG for young adults, Bangor   | Danielle Fifield (07849935707)                         |
| <b>Wed</b> | 7.30pm          | HG, The Nomads                | Jess & Seamus Adams (421185)<br>Susan Cousins (353878) |
| <b>Wed</b> | 7.30pm          | HG, Bethesda                  | Jon & Deb Stammers (602868)                            |
| <b>Wed</b> | 8.00pm          | HG, Grŵp Cymraeg              | Owen & Nia Lloyd Evans (352634)                        |
| <b>Thu</b> | 10.30am         | Post-Alpha Bible Study        | Sue & Lawrence Moss (713793)                           |
| <b>Thu</b> | 7.30pm          | HG, Llanfairpwll              | Sue & Lawrence Moss (713793)                           |
| <b>Thu</b> | 7.45pm          | HG, Talwrn                    | Gill & James Goodman (751074)                          |
| <b>Fri</b> | 10.30am - noon  | Cheeky Monkeys                | Joan Rymer (713003)                                    |
| <b>Fri</b> | 10.30 – 12.30pm | HG, 6 Maes y Dref             | Anne Collis (353173)<br>anne@collis66.freeseve.co.uk   |
| <b>Sat</b> | 8.30am          | Prayer Meeting                |  |

***NEWS OF PEOPLE***

**Nancy Jones** is in Plas Garnedd Residential Home in Llanberis for a few weeks.  
**Hannah Norris** has been in hospital for operations on her knees and is recovering, although faces more surgery. **Rosalyn Kersey** has been discharged from hospital.

***Children's Birthdays in February***

**1<sup>st</sup>**: Morgan Goodman; **11<sup>th</sup>**: Amelie Goodwin; **25<sup>th</sup>**: Inge Snyman

## **NOTICEBOARD**

- **Men's Prayer Meeting** **Wednesday 1 February** **10.30am**  
The men will meet for prayer as usual, followed by coffee in Options.
- **Men's (Ginger) Beer & Skittles Evening** **Saturday 18 February**  
A chance to chill out and play skittles, darts and pool. **7.30pm**
- **Walking Group** **Tuesday 21 February** **10.30am**  
Meet in Llanrwst in the Plas yn Dre carpark (on the north side of the town, behind the Police Station and Library). The walk will take about 3 hours with a total ascent of less than 200m. It is a circular walk through woodland and open country above Trefriw (Woollen ills), via Llanrhychwyn Church (11<sup>th</sup> century) and back to Llanrwst past Grey Mare's Tail Waterfall. We should find a café in the town for refreshments!
- **Communities First Partnership, Tŷ Cegin, Maesgeirchen** **Fri 24 Feb**  
The National Assembly for Wales invites you to a free workshop delivered by Lowri Williams, Outreach Manager for north Wales. Lowri will be giving a brief presentation on the work of the National Assembly for Wales, focusing on how its 60 elected Members represent the interests of Wales and its people, make laws for Wales and hold the Welsh Government to account. She will also be answering your questions and explaining how you can influence the work of the Assembly and make sure your voice is heard. To book a place, call **0845 010 5500** or email **assembly.bookings@wales.gov.uk** by **Monday 13 February 2012**.
- **Wanted: musicians!**  
The worship bands are having a recruitment drive. On **Sunday 26<sup>th</sup> Feb** after the morning service, there will be a meeting for anyone interested in getting involved. Bring your instruments and we will play through a few well-known songs to see where you might fit in. Regular musicians are welcome to help out! Contact Deb Stammers for more details on [jonanddeborah@btinternet.com](mailto:jonanddeborah@btinternet.com)
- **Bethesda Home Group**  
The Home Group which meets on Wednesday nights in Bethesda is looking for new members! If you are new to the church or just haven't got around to joining a home group, why not come along and try it out? Speak to Jon or Deb Stammers or drop us an email on [jonanddeborah@btinternet.com](mailto:jonanddeborah@btinternet.com)
- **Baptismal Service**  
We will be holding another Baptismal Service soon. If you are considering this, would you talk to Peter about it please.
- **Penrallt on Facebook**  
100 people are signed up to Penrallt's Facebook site. Join us.

➤ ***Homeless in Bangor***

We do not recommend giving money to the homeless. Instead, £5 in one of the brown envelopes from the table in the porch of the church (placed in the offering) will buy a hot meal for them through the St. Mary's Hostel scheme. So far Penrallt has contributed £3010 to the fund.

➤ ***The Prayer Room...***

...is open before and after the service for quiet prayer. Penrallt is a place of prayer, so make use of this sacred space.

➤ ***Pray for Penrallt Every Day***

Sign up to receive our prayer diary by e-mail every Monday morning by sending your request to: [office@penrallt.org](mailto:office@penrallt.org).

If you have some subject for prayer, either send it in by e-mail, or fill in one of the pink cards, which are available in the porch, and place it in the visitors' cards box or give it to Peter or Magnus.

➤ ***Pastoral Help***

If you have pastoral concerns please contact Peter or one of the other members of the Pastoral Care team:

Geoff Birch 01286 870944      Pat Borlace 713146,      Eunice Smith 713296,  
Judy Stammers 364394      Geoff Moore 410582

***Deadline for next month's newsletter***      Sunday 19 February

Please send information to Gwyneth  
([gwyneth@brindley-wales.com](mailto:gwyneth@brindley-wales.com) or 352682)

# ***FOCUS ON...***

## **Bangor Street Pastors**

Bangor Street Pastors have been in operation for just over a year, since the start of November 2010. In that time we have successfully managed to send out at least one patrol every week (usually on Fridays), no matter what the weather.



In that time, we have picked up 2348 bottles (that's an average of 157 per month – our record for a single night stands at 112), given out 20 space blankets, 340 pairs of flip-flops, 193 lollipops and 51 bottles of water and had 1212 conversations (that's about 80 per month).<sup>1</sup> We have helped several people to get home safely and provided comfort and encouragement to many others.

Perhaps most importantly, we have had the opportunity to show people that Jesus loves them. By showing that we are there to listen, care and help, not to judge or preach, we gradually chip away at the prejudices many people have about Christianity. Sometimes we get opportunities to talk to people about God; at other times we just help to prepare the ground for a future encounter.

We have recently begun training 4 new recruits to join the SP team, which currently has 11 active members, and we look forward to them being ready to join us on the streets soon.

If you would like to get involved with Street Pastors, we would greatly value your prayers. We try to have two Prayer Pastors at our base each Friday night to support the SP team with prayer while they are out and with food and conversation when they come in for the break<sup>2</sup>; we are in need of several more people to join this team. There is also a fortnightly email prayer diary that you can subscribe to in order to get information to help you pray for us.

To sign up for one or both of these means of prayer support, or for more information about any SP-related things, please speak to Magnus (tel: 07580 607186, email: [bangor@streetpastors.org.uk](mailto:bangor@streetpastors.org.uk) or just drop into the Penrallt office, where he is often to be found working on either church or SP things).

---

<sup>1</sup> These statistics are based on figures up to mid-January 2012 and are not guaranteed to be entirely accurate, due to the difficulty of keeping accurate records while out on patrol and the latitude of interpretation as to what counts as a conversation worth noting.

<sup>2</sup> The prayer team depart after the break, so they get to go home at a relatively civilised time (around 1am)!