



## Newsletter: February 2024

### ***God's goodness is running after me***

Jonah chapter 1 is often seen as a story of Jonah running away from God. It is perhaps more about God running after Jonah. Jonah understandably decided to quit his job as prophet when God called him to go to Nineveh. This Assyrian capital was the epitome of cruelty and power and Assyria was one of the enemies of God's people. Jonah often prophesied against his enemies but God wants Jonah to learn about His compassion for all peoples — even his enemies. So God pursues Jonah. First God sends a storm. Then God sends a pagan captain to encourage him to pray. Then God sends a group of pagan sailors to challenge him, encourage him in his faith, to help him and to show him compassion. Jonah then gets to a point where he has given up on himself. However, Jonah now wants to save these pagan sailors who are on a journey of turning to God themselves. In Jonah's unique situation this means persuading them to throw him overboard in a storm! God wouldn't ask anyone to do that today — because the unique event that this foreshadows (the crucifixion of Jesus) has now happened and through the cross of Jesus Christ, God saves us.

God has not given up on Jonah. He sends a fish to save him. He has more to teach him. God has more ways that He wants to transform Jonah. God, in His compassion, has a plan. He wants Jonah to deliver a message which will result in many people being saved. In spite of Jonah being unmerciful, unwilling, and ungracious, God never gives up on Jonah.

God also wants to use us to the glory of his name and to transform us and our world. It's not always plain sailing and it's often very challenging. But God's love pursues us. Our response together (as we sing in the song "Your goodness is running after me"): "with my life laid down, I'm surrendered now, I give You everything". We seek to trust in God, be filled with his Holy Spirit, and to love and follow Jesus in loving others.

Blessings,

*John*

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*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.*

### ***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).

### **Deadline for next month's newsletter: Sunday 25<sup>th</sup> February.**

Please send information to Magnus ([office@penrallt.org](mailto:office@penrallt.org)). All items should be submitted by email as early as possible.

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

5<sup>th</sup>: Olivia Salako    7<sup>th</sup>: Afan Whitton

10<sup>th</sup>: Rosa Tough    20<sup>th</sup>: Daniel Ellis    27<sup>th</sup>: Nathan Oluwagbemi

## ***Morning Services***

**Morning services start at 10:30am** on Sundays with an option to join on Zoom if you are unable to join us in the building (Zoom 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 – 17); crèche facilities are also available for younger children. For all-age services, the children and young people remain in the service but crèche facilities are still available if needed.

### **Sunday 4<sup>th</sup> February**

*The repentance and prayer of Jonah*

Jonah 2. Preacher: John Thompson.

### **Sunday 11<sup>th</sup> February (all-age)**

*Love and Lent.*

Service led by Becca Williams.

### **Sunday 18<sup>th</sup> February**

*Jonah preaches in Nineveh.*

Jonah 3. Preacher: Peter Cousins.

### **Sunday 25<sup>th</sup> February (communion)**

*The compassionate and gracious God... abounding in love.*

Jonah 4. Preacher: John Thompson.

## ***Evening Services***

**Evening services begin at 6pm** on Sunday evenings except where otherwise noted. Unlike morning services, these are not usually broadcast or recorded. There is no evening service on the first Sunday; instead we have our church lunch and fellowship event following the morning service (see next page). Services planned for the rest of the month are:

### **Sunday 11<sup>th</sup> February**

Prayer and contemplation service with communion, led by Abi Penney.

### **Sunday 18<sup>th</sup> February**

Contemporary service led by Matt Dawson.

### **Sunday 25<sup>th</sup> February**

Traditional service led by James Goodman.

## ◇ **Church Lunch and Fellowship Events**

Our monthly church lunch and fellowship events take place on the first Sunday of the month; this month they will be on 4<sup>th</sup> February. For lunch, please bring a plate of finger-food, enough for yourself and one or two others so there is enough to share with our visitors. The walk will be led by John Thompson, starting from the church building so no lifts will be required.

## ◇ **Cytûn AGM**

Cytûn (Churches Together in Bangor) are holding their Annual General Meeting on Thursday 8<sup>th</sup> February, 7:30pm, at Emaus (contact the church office if you need directions). In addition to the regular business such as electing officers and hearing reports, there will be a talk from Revd. Sally Rees of the [Anna Chaplaincy](#).

## ◇ **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](mailto:judithmbousfield@gmail.com) or 01248 490956)

## ◇ **Foodbanks**

Bangor Cathedral Foodbank ([www.bangorfoodbank.org](http://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](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 Cathy Fooks ([treasurer@penrallt.org](mailto: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 relationship with the Lord and with one another. There are groups on Monday to Thursday evenings and on Tuesday and Friday mornings. Groups meet weekly or fortnightly, in person, online or a combination of the two. We also have "contact, care and prayer" to enable people to stay connected even if not in a homegroup. A member of the pastoral care team would contact you every 3 weeks or so to ask how you are and if you'd like to receive prayer support. Please contact the [church office](#) if you are not part of contact, care & prayer or part of a homegroup and would like to be.

## ◇ **Kindle Kids' Club**

Kindle is our fortnightly Friday night club (6–7pm) for primary school aged children. Kindle will be running on Friday 2<sup>nd</sup> February; dates after half-term are yet to be confirmed. To find out more, contact Becca ([youth@penrallt.org](mailto: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. The next breakfast will be on **February 3<sup>rd</sup>** from 9am. All men are welcome. Please contact the church office ([office@penrallt.org](mailto:office@penrallt.org)) or Ian ([ian.ablett@open.ac.uk](mailto:ian.ablett@open.ac.uk); 07759 718931) for more details or to offer or request a lift.

## ◇ **Open The Book**

*Further volunteers are still required for the new OTB team starting in Ysgol Cae Top, and there is also room for volunteers in the other local teams. If you are only able to do one rehearsal and performance per month, that would still be very much appreciated in terms of providing cover and additional capacity.*

As invited guests in school, storytelling teams use the *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 see <https://www.biblesociety.org.uk/get-involved/open-the-book/> and speak to Sarah Jackson or Magnus.

## ◇ **Penrallt on Facebook, Instagram 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 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, and now also an Instagram account:

- [www.youtube.com/@penralltbaptistchurch](http://www.youtube.com/@penralltbaptistchurch)
- [www.facebook.com/penralltbc](http://www.facebook.com/penralltbc)      [www.facebook.com/penralltyouth](http://www.facebook.com/penralltyouth)
- [www.instagram.com/penralltbaptistchurch/](http://www.instagram.com/penralltbaptistchurch/)

## ◇ **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.

## ◇ **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). 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 (also listed at the bottom of our email prayer diary each week).

## ◇ **Renew 57**

All are 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 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. Please 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 drop in and see for yourself.

## ◇ **Service Videos**

Recordings of sermons from morning services 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.

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

We will be meeting at at 10.45am on Saturday 10<sup>th</sup> February at St Georges's Pier, Menai Bridge, where Tim has kindly volunteered to give us a guided tour around the Prince Madog Research Vessel of the School of Ocean Sciences. Afterwards we will have lunch/ refreshments in a café in Menai Bridge. If you are interested in joining us or require transport, could you please advise Averil, as we require numbers attending. A warm welcome is extended to all ladies.

### ◇ **Students**

We love to welcome students as part of our church family. To learn more about what activities are available, or just for a friendly chat, drop our student co-ordinator, Becca ([students@penrallt.org](mailto:students@penrallt.org)) a line. Also, don't miss our *Penrallt Students* Facebook group.

### ◇ **Youth Alpha**

We are currently running a Youth Alpha course in Canolfan Penrallt on Sunday evenings in conjunction with Mosaic Church. A few more volunteers to help run this would be useful — if you can help, please speak to Becca ([youth@penrallt.org](mailto:youth@penrallt.org)).

### ◇ **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 service, except for all-age services). Ignite, a social evening with games and activities, is open to all. Deeper provides opportunity to find out more about the Christian faith. Find out more on our youth website, [www.penralltyouth.org](http://www.penralltyouth.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...*

# **Bangor University Christian Union**

## **Mission Week: 12<sup>th</sup> – 15<sup>th</sup> February**

Every year we as the Christian Union in Bangor hold a mission week. This year it's from Monday 12<sup>th</sup> to Thursday 15<sup>th</sup> February. Mission week is a week full of talks, discussions and events to give every student the chance to hear and respond to the gospel. The events include lunchtime talk and discussion, and an evening talk with this year's theme being 'Discover'.

We would really appreciate your prayers for us as a CU as we go about planning the week, and as the week goes on, that we'd be bold in our outreach, and confident in the good news we have to share. We would also love for you to pray for the students of Bangor that their hearts may be softened, and their ears be opened to hear the good news about Christ, and pray big prayers, that individuals would come to know Christ through this week!

During the week we will be having a prayer breakfast at Penrallt, we would love for you to come along. This will be every morning at 8am from 12<sup>th</sup> to 15<sup>th</sup> February. It would be great to see you there!



Pob blwyddyn mae'r Undeb Crisnogol yn trefnu wythnos o genhadu. Blwyddyn yma mae e o'r 12ed i'r 15ed o Chwefror (Llun i Iau). Mae'n wythnos llawn o sgysiau a digwyddiadau ar gyfer myfyrwyr Bangor. Y nod yw i rhoi yr cyfle i pob myfyrwr cael clywed ag ymateb i'r efengyl. Maer digwyddiadau yn cynnwys cinio am ddim gyda sgwrs a trafodaeth, ac sgwrs gyda'r nos. Ein themau flwyddyn yma yw 'Darganfod'.

Bysa ni'n gwerthfawrogi eich gweddiau i ni fel undeb wrth i ni fynd ymlaen i baratoi a cynllunio y wythnos ac yn ystod yr wythnos y bu ni'n llawn hyder yn yr efengyl ac ein bod llawn hyder yn ein cenhadaeth. Gweddwoch hefyd drost yr myfyrwyr y bydd eu ei calonau yn cael eu paratoi ac eu clustiau'n agored i clywed y newyddion da, a gweddwoch gweddiau mawr, y bydd unigolion yn dod i adnabod Crist trwy y wythnos yma!

Yn ystod yr wythnos bydd yr Undeb Crisnogol yn cynal cyfarfod gweddi yn Penrallt, bysa'n grêt eich gweld yno i gyd weddio gyda ni. Bydd hyn yn digwydd am 8yb. o'r 12fed i'r 15fed o Chwefror.