



Newsletter: February 2025

And the symbol for February is...

In a recent Welsh lesson we did a revision game. We were shown a symbol for each month and we had to say the month in Welsh. The symbol for February was (no prizes for guessing)... a big lovely red heart.

February then is a wonderful opportunity for us to share the good news of a God who affirms romantic, passionate and pure self-giving love (read the 'song of songs' in the Bible for more on that). Also of course, God 'is love' in a much bigger and broader way than romantic love alone. Family love, friendship love, loyalty love and compassionate love and more love is all attributed to God in the Bible. But most of all, the cross demonstrates God's great love whilst not setting aside his necessary justice. The cross is where Jesus bore the punishment for our sin. The self-sacrifice of Jesus who took the punishment for our sin allows us to know God's amazing love by his mercy. Modern translations of the Bible emphasise this - often using the word love instead of mercy. And through his Holy Spirit we encounter his love today. 'Out of the heart of the father above streaming to me and to you... wonderful love'.

A few Bible verses for inspiration:

God is love and God first loved us: 1 John 4v8 & 19

Jesus said: Greater love has no one than to lay down their life for their friends (John 15v13)

The greatest fruit of the Holy Spirit is Love (1 Cor 13)

As God has loved us — so let us love one another 1 John 4v11

“This is how we know, this is how we know what love is: Just one look at Your cross. This is where we see, this is where we see how love works: You surrendered your all. (Matt Redman).

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](#)). 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); 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 2nd February (All-age)

Bangor YFC Commissioning Service, held (at Penrallt) jointly with St. John's Methodist and Mosaic churches. We will be commissioning Grace O'Boyle as Bangor YFC Centre Director.

Sunday 9th February

Where do we go from here?

Jeremiah 6:16

Preacher: Simon Lambourne.

Sunday 16th February

Peace, salvation and the wonder of the word of God

Psalms 119:137–176

Preacher: John Thompson.

Sunday 23rd February (Communion Service)

Jesus, the Holy Spirit and the word of God

Matt. 5:17–20

Preacher: John Thompson.

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.

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. **Note that Magnus will be taking Tuesdays off in February and March.**

Evening Services

Except where otherwise noted, evening services start at 6pm and usually last around an hour. Unlike morning services, these are not normally recorded or broadcast on Zoom.

Sunday 2nd February: No evening service

Sunday 9th February

Communion service led by Magnus Forrester-Barker, continuing our video series on *Romans* by Andrew Ollerton.

Sunday 16th February (3–5pm)

Messy Church: Lost & Found.

This is a free family event where we will explore our theme through crafts, games, activities and a meal. The activities are aimed at children aged between 3 and 11, but there is a crèche space for younger ones as well as games that teenagers will enjoy, so bring the whole family! Please note: all under 18s will need to be supervised by an adult at all times for safeguarding reasons; similarly adults will only be admitted if accompanying children.



To help us prepare sufficient food and craft materials for everyone we ask you to book places in advance if you would like to attend Messy Church. This can be done either by visiting <https://penralltbc.churchsuite.com/events/b2gxvyf4> or by scanning the QR code (which leads to the same place).

Sunday 23rd February

Service led by John Thompson.

Children's Birthdays in February

5th: Olivia Salako

7th: Afan Whitton

10th: Rosa Tough, Daniel Audu

20th: Daniel Ellis

27th: Nathan Oluwagbemi

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.



Our **Alpha** course continues on Monday evenings, and we will also have an away-day on Saturday 22nd February with a preliminary evening on Friday 21st February. It is now probably too late to join the current course as you would have missed too much of the material, but if you are interested, please chat to Peter Jones (07906 761181) as it may still be possible for you to catch up, or we can let you know when we are preparing to run our next Alpha.

Other Events in February

◆ **Fellowship Walk: Sunday 2nd February (No church lunch — but there is cake!)**

Usually we start the month with a bring and share lunch after the morning service on the first Sunday, but there will not be one on 2nd February. Instead we will be sharing cakes and biscuits along with tea and coffee after the service.

We are planning a walk at Penmon Point in the afternoon, weather permitting. Please speak to Jenny (fellowship@penrallt.org) for more details or if you would like to request or offer a lift. If you are joining the walk, you are welcome to bring your own packed lunch to eat before setting off.

◆ **Cytûn AGM: Thursday 6th February, 7:30pm at Emaus**

Cytûn Bangor is a group of churches from a wide range of denominations across Bangor, with a focus on prayer, celebration and mission, and is affiliated to Cytûn Cymru (Churches Together in Wales).

◆ **Soul Sisters: Saturday 8th February, 10:30am**

Soul Sisters is Penrallt's women's fellowship group. All ladies are welcome. This month we will be meeting between 10:30 and 12:00 at Canolfan Penrallt (the rear hall at the church) for board games, table tennis etc. so please bring along your favourite games. We will also be reflecting on our minister John's recent preaching on the Bible and asking ourselves "does the Bible speak to you?" After this month our meetings in 2025 will be on the third Saturday of every month. For more information speak to Averil (francishac3@aol.com).

◆ **Pathways: Saturday 15th February**

Penrallt is hosting a monthly series of training courses run by Cardiff Baptist College. The second of two sessions, on Spirituality, is running on 15th February. *It is necessary to book in advance (and pay) to attend these sessions.* For more information or details of how to register, contact John Thompson (07931 150697).

◇ **Chaplaincy Team Online Lecture: Thursday 20th February, 3pm**

There will be a Chaplaincy Team online lecture on Thursday 20 Feb at 3.00 pm. Professor Renos Papadopoulos from the Orthodox church will be speaking and publicity will be available shortly (bangor uni / chaplaincy website). This is open to all — not just students at the uni. Professor Papadopoulos is Founder and Director of the Centre for Trauma, Asylum and Refugees, founder and Course Director of the MA and PhD in Refugee Care at the University of Essex.

◇ **Alpha Holy Spirit Away Day: Saturday 22nd February**

In addition to their Monday night sessions, the Alpha guests and team will be going to Prince's Drive Baptist Church in Colwyn Bay for an away-day focusing on the Holy Spirit (with a preliminary evening at Penrallt on Friday 21st February. Please remember this in your prayers.

◇ **Men's Breakfast: Saturday 1st March**

Our men's fellowship group usually meet on the last Saturday morning of the month for food and friendship at Ian Ablett's home in Caernarfon. As February is a short month, our meeting this time is actually at the start of March! All men are welcome. Please contact the church office or Ian (ianablett57@gmail.com; 07759 718931) for more details, or to offer or request a lift.

Future Dates

◇ **All-Age Service / Church Lunch / Fellowship Walk: Sunday 2nd March**

In March we are hoping to return to our regular pattern of having an all-age service followed by church lunch and a fellowship walk on the first Sunday. Details of the walk are still to be determined.

Other Information

◇ **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.

◇ **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) 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*), 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](https://www.facebook.com/groups/302627593231755)). 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, 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 prayer 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 *Pastoral Help* above). Please don't hesitate to approach John or another member of the Pastoral Care Team.

◇ 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). 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 Adrienne (adrieferrada@hotmail.co.uk) or drop in and see for yourself.

◇ 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 get in touch with our student co-ordinator, Holly Redding (students@penrallt.org). Also, don't miss our Penrallt Students Facebook group.

◇ 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), that we run in conjunction with Mosaic church. *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).

Home Mission

Home Mission is a fund that the Baptist Union of Great Britain use to help Baptist churches and individuals to reach their mission potential and bring the love of God to their communities. A portion of Penrallt's missions budget each year goes to Home Mission in order to provide financial support for a range of projects in Baptist Churches across the UK that would otherwise not be able to fund them.

More information about Home Mission in general can be found in this video:
<https://youtu.be/rXmM16J5R9M>

In the past, Penrallt has supported by a Home Mission grant. More recently, they have supported New Park Street English Baptist Church in Holyhead, where our good friend (and former Penrallt member) Deb Stammers is the minister.

Currently the (geographically) closest Home Mission funded project to us is the Lighthouse Community in Llandudno, a pioneer ministry led by Revd. Mark Young.

Mark is also a good friend to Penrallt and used to attend regularly with his wife Eve and their sons Luke and Euan for a number of years before serving as missionaries in India. Sometime after their return to the UK, Mark was ordained as a Baptist minister and was inducted as minister of the Lighthouse Community in October 2022.

The Lighthouse Community is a church which aspires to go beyond the walls to connect with people who have no church background or who would never choose to step inside a church building. They have their own building, Llandudno Baptist Church on the West Shore, but until recently this was used only to house a foodbank run by another organisation, while their own activities were more centred around the Haven Café on Madoc Street in Llandudno. As of last October, they have begun to hold occasional services in their church building – although in the rear hall as the sanctuary is still full of shelves for the foodbank!

Please hold the Lighthouse Community in your prayers as they continue to explore ways to engage and share the gospel with their community.

Deadline for next month's newsletter: Monday 24th February. Please send information to Magnus at the church office. All items should be submitted in writing, preferably by email, as early as possible.

News Mailing List. Sign up to receive email notification (and a PDF link) when the newsletter is published each month, as well as other news updates from time to time. To join or leave the list please send an email to office@penrallt.org.