



# Penrallt Baptist Church

## Newsletter for January 2013

We were seated with our son and daughter in one of our favourite restaurants: a vegetarian Sri-Lankan bistro on the banks of the Thames in Kingston. I was idly watching the river traffic as I savoured my Organic Courgette, Mushroom & Lentil Bake, A regatta was in full swing with young people rowing hard down the middle of the river. They looked exhausted. I couldn't help noticing that they were being accompanied along the tow path by a group of very gobby people with megaphones who were screaming at them to row harder. From the comfort of my restaurant chair I was indignant. Had I been closer to the action I might well have protested: "Hey! leave them alone. Can't you see they're tired?"

I might have got that wrong, of course. I didn't hear the rowers replying to their tormentors at all. Not that they had the breath to say anything.

Which brings me to Penrallt. I don't want to be the gobby man with a megaphone shouting at you to work harder. I want to begin 2013 by thanking you all for the hard work you've done over the last year. It's been a good one for our church. Congregations have filled the building on Sunday mornings, evening congregations continue to thrive, although smaller in number. Faith Café has attracted a loyal following of students, teens and young adults. Indeed the age spread of our congregation has startled a number of visitors.

During the year our children's work has grown. It's good to have welcomed Ian onto the (small) staff team as youth leader. Good, too, to welcome Ceri as the leader of our Sunday morning children's work. Our young people have been busy, especially in helping the JAM club. Cheeky Monkeys continues to work successfully, both the 60+ and Men's prayer groups thrive, and over 120 people attend the mid-week home groups. We are especially pleased that David and Jason have managed to get the student home group off the ground

Then there are the groups, rotas and teams: cleaning, Canolfan, music, projection, sound, tea and coffee, finance, worship, pastoral care, prayer & care, missions, Alpha, transport, flowers, news letter, Communion, church lunch, card distribution, the women's meetings and Prodigals group, welcome team, Bontnewydd, Cytûn, gardeners, banners, fabric.

Our interaction with the community is important as many groups still use the Canolfan. We continue to support Street Pastors and to be involved with events in Bangor and youth work in the city (mainly through Anne and Bryan). We have played our part.

All this has been underpinned by the work and coordination of the deacons and the immense hard work and dedication of Magnus in the office. The result has been a space in which God has worked. People have reported coming to faith in

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**Secretary:** Neil Rymer, 20 Brynteg, Llandegfan, Menai Bridge LL59 5TY (01248 713003)

**Treasurer:** Stephen Burrows, 39 Cil y Graig, Llanfairpwll, LL61 5NZ (01248 714048)

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Christ. Some of those have been baptized. There have many answered prayers, including tales of healing and recovery.

So, thank you to all of you. Two separate visitors recently have watched the goings-on quietly and then observed to me "You've got a good team here." Indeed we have.

I hope that you have taken up or tried something new this year. Not all people who say they have become Christians go on to become disciples (which means followers or learners ) of Christ. Your spiritual growth will never be measured by how you feel. Personally, if I want to feel warm, fuzzy, optimistic and all-together all I need is a good cup of strong coffee. Our spiritual growth is measured by what we know and what we do. The closer we come to God the more effective we are. Sometimes we'll get tired, and maybe a few words of encouragement are needed, but being tired in God's service is no shame. Provided we build in periods of rest we should be good to go for 2013. If you would like to join in any of our teams please talk to me.

Let's see how God leads us. God bless,

**Peter**

## ***SERVICES IN JANUARY (& 30<sup>TH</sup> DECEMBER)***

*Except where otherwise noted, the preacher at all services is Peter Cousins.*

### **December 30**

10:30am All-age service including Communion.

6:00pm Open service for testimonies. Choose a hymn or a reading and come prepared to share.

### **January 6**

10:30am ***Why Christians lose their appetite.***

*1 Peter 1:22-2:3*

2:15pm Service at Bontnewydd.

6:00pm Communion Service.

*Matthew 28:16-20*

### **January 13**

10:30am Valediction Service of Duncan and Trudie for their service with Wycliffe Bible Translators in Papua New Guinea.

6:00pm Speaker: Mark Young.

### **January 20**

10:30am Speaker: Roger Borlace. **Praying for Christian Unity.** *John 17*

6:00pm **The Jacob Story: An unhappy household.**

*Genesis 25:1-34*

### **January 27**

10:30am Communion Service.

***A Spiritual House.*** *1 Peter 2:4-8*

6:00pm ***The Jacob Story: There are moments when you despair of history.*** *Genesis 27*

### ***Faith Café***

After church on Sunday evenings we host Faith Café for students, teenagers and other young adults. Starting around 7:15 pm it is an evening of chat, interviews, music and discussions. There is a short programme at around 7:40 after which you are free to leave or stay and chat. It will restart after the Christmas break on 13<sup>th</sup> January.

### ***Church Lunch***

We will host a church lunch on Sunday January 6<sup>th</sup>. Please bring enough buffet style "finger food" for yourselves and one or two others.

## ***SPECIAL DATES FOR JANUARY***

<b>Tuesday 1</b>	1pm	Church Walk, probably in Llanfairfechan. The venue is to be confirmed.
<b>Wednesday 2</b>	10:30am	Men's prayer meeting followed by coffee in Options.
<b>Monday 7</b>	7:30pm	Church Members' Meeting.
<b>Monday 14</b>	7:30pm	HGV committee.
<b>Monday 21</b>	7:30pm	The opening service of the Week of Prayer for Christian Unity. We are hosting this service in Penrallt. Details of other services for the WPCU to follow (please check weekly news sheets and the Penrallt website).
<b>Monday 28</b>	2:00pm 7:30pm	Pastoral Care Team. Missions Prayer Group at Sarah Jackson's house. All welcome.

## ***NEWS OF PEOPLE***

**Joyce** is still waiting for her surgery. **John Gilberthorpe** has suffered another stroke. **Nancy Jones** is moving to the Bryn Llifon Nursing Home in Bangor. This is run by the Baptist Union of Wales. Jane Jones' mother, **Mary**, had a fall resulting in a broken hip and an operation in December, but is now out of hospital. **Brenda Buse** is recovering very well from her operation and due to undergo a short course of treatment in the New Year. **Andrew Browne** and **Kathleen Coleman** are recovering well from their operations. **Delyth Shaw** is beginning a course of chemotherapy.

**Tim Gordon-Roberts** has taken up a new appointment with The Forestry Commission in Aberdeen. We thank you for all your hard work, Tim, and wish you God's blessing. The family will follow in the summer. Congratulations to **Cathy Fooks** who has landed an excellent research post in Nantwich.

## **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 (208407)
<b>Wed</b>	7.30pm	HG, The Nomads	Jess & Seamus Adams (421185) Susan Cousins (353878)
<b>Wed</b>	7.30pm	HG, Bethesda	Jon & Deb Stammers (602868)
<b>Wed</b>	7:30pm	HG, Penchwintan Road	David McCormack (07725 028074)
<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	Cheeky Monkeys	Joan Rymer (713003)
<b>Fri</b>	10.30am	HG, 6 Maes y Dref	Anne Collis (353173) anne@collis66.freeseve.co.uk
<b>Sat</b>	8.30am	Prayer Meeting	

## **NOTICEBOARD**

### ➤ **Church Meeting**

The next meeting for Church Members will be on Monday 7<sup>th</sup> January at 7:30pm. As we will approve the budget at this meeting, it is absolutely essential that we are quorate. Please mark it in your diary now and make every effort to attend.

### ➤ **Men's Prayer Meeting** **Wednesday 2 January** **10:30am**

The men will meet for prayer as usual, followed by coffee in Options.

### ➤ **Baptismal Service**

We are planning another Baptismal service on Sunday evening 10<sup>th</sup> February. If you are interested in being baptised now is the time to talk to Peter.

### ➤ **Thank You from Alpha**

The Alpha team and their guests would like to thank the home groups for their contribution of food this autumn. It was greatly appreciated.

- **Alpha Reunion**
- On Tuesday 29<sup>th</sup> January at 7pm, guests from the Autumn Alpha Course will be meeting for a reunion.
  
- **Penrallt on Facebook**  
100 people are signed up to Penrallt's Facebook site. Join us.
  
- **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
Susan Cousins 353878	Geoff Moore 410582      Judy Stammers 364394
  
- **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. Please note that the first prayer diary after the Christmas break is due on Monday 7<sup>th</sup> January.
  
- **Homeless in Bangor**  
Please do not give money directly to the homeless in Upper Bangor. We have found in the past that it has encouraged aggressive begging on the church premises by people who have a history of violence. You will find brown envelopes in the porch to put your gift in. This will buy meal vouchers which are distributed to the homeless by the Cathedral. We have so far collected a total of over £4100 to support this scheme.
  
- **Andrew Browne**  
Andrew has made a wonderful recovery from his major operation in November and is back home. Avril Frankish and Marilyn Daly, Andrew and Jean's two daughters, would like to record their heartfelt gratitude to members of the church who have supported Andrew and Jean and the rest of the family with prayers, with emotional support and practical help.
  
- **Stamps**  
Please save your used stamps and give them to Eunice Smith, to raise money for BMS. Please leave a narrow border round the stamps when you cut them off the envelope. Thank you.

**Deadline for next month's newsletter**    Sunday 20<sup>th</sup> January  
Please send information to Gwyneth ([gwyneth@brindley-wales.com](mailto:gwyneth@brindley-wales.com) or 352682)

**Penrallt**  
wishes you a  
**Happy**  
**New Year**