



Newsletter: January 2025

The wonder of the word of God: A lamp for my feet and light to my path

I saw an orienteering race recently, but it was a bit different. It was in the dark and everyone was wearing head torches and reading crumpled up maps as they ran. I've never done one — I'd be worried about tripping over! I'm already terrified that someone is going to fall on the steps outside our house as the lights there don't work at the moment. Going down them in the dark is quite perilous. You end up dangling your foot over the edge of the step to find out where you can safely put your foot down. With a light on it, you have confidence where the step starts and where it ends and where the side edges are too.

Psalm 119v105 says that the Bible, God's word, is a lamp for my feet and a light for my path. A lamp for your feet is something you take with you. A light to your path could be placed on a stand showing where the path goes. Both are really helpful in the dark. Whether you're unsure of your footing on a dark staircase or whether you're running with a crumpled up map in one hand!

The Bible is God's light to guide us. It brings revelation, clarity and instruction. It is the ultimate authoritative revelation from God about the best way to live and how to live in relationship with Him. It points us to Jesus the living word. It is the maker's instructions. It really is essential to making the most of life and to living in the way that we were created to live. It also contains essential instructions which need to be followed prior to the end of life on this earth too. When we do follow the Bible, it gives us an incredible divine peace to know that we are following God's instructions.

We could all do with a bit of extra light at this time of year. I pray that our series on the Bible lightens up our lives as we begin the new year and that it gives us fresh insight by the inspiration of God's Holy Spirit and the love of Jesus in our hearts.

Happy New Year!

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 5th January (All-age)

A New Creation

Service led by Becca Jackman.

This service will be followed by our church lunch and fellowship walk(see below).

Sunday 12th January

Freedom, love and the wonder of the word of God

Psalm 119:1–48

Preacher: John Thompson.

Sunday 19th January

Delight, perseverance and the wonder of the word of God

Psalm 119:49–96

Preacher: John Thompson.

Sunday 26th January (Communion Service)

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.

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 5th January: No evening service

Sunday 12th January (7pm, with refreshments at 6:30pm)

Codi Mawl: A bilingual worship evening.

This is the third of three bilingual (Welsh-English) worship events for Christians across Gwynedd and Anglesey led jointly with Caerselem (Caernarfon) and Y Goleudy (Llangefni). Tea and coffee will be served before the service.

Sunday 19th January

Communion service led by Revd. John Thompson.

Sunday 26th January

Service led by Magnus Forrester-Barker. We will watch the second part of the video series on *Romans* by Andrew Ollerton that we started in November. (NB you don't need to have been at that service to benefit from this one.)

Children's Birthdays in January

7th: Jeffrey Packwood 16th: Noa Williams Roberts

24th: Samuel Fagbemi

Church Office

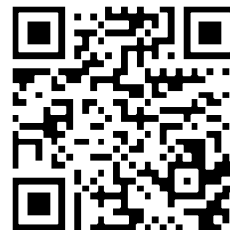
The church administrator, Magnus, can be contacted on office@penrallt.org or 07934 231788 during the church office opening hours, 10am – 4pm Monday to Friday, except bank holidays. Note that he sometimes works from home or is out for meetings, so you are advised to check before travelling in to the church building. **Note that Magnus will be taking Tuesdays off in January, February and March.**

The church office will also be closed for Christmas from Monday 23rd December and re-opening on Thursday 2nd January.

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.



There has to be more to life than eating, drinking and sleeping. Yes, it is Jesus, but why is he important to our own life story? Alpha is a great place to explore this. Starting **Monday 13th January** for 11 weeks in the church hall. A course for everyone from those wanting to explore and ask questions, or for those who want to reset their walk with Jesus. Sign up through the QR code or the church website. It will be joyful, free and you get an evening meal. For more details chat to Peter Jones (07906 761181).



Other Events in January

◆ Fellowship Walk: Sunday 5th January (No church lunch!)

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 5th January.

~~We are planning a walk from Tregarth to Bethesda in the afternoon (along a tarmac path), weather permitting. Please speak to Wendy (wendylemon@icloud.com; 07811 389332) for more details. If you are joining the walk, you are welcome to bring your own packed lunch to eat before setting off. Due to a bad weather forecast, the walk is cancelled.~~

◆ Pathways: Saturday 11th January

Penrallt is hosting a monthly series of training courses run by Cardiff Baptist College. The second pair of sessions, on Spirituality, are running on 11th January and 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).

◆ Baptist Leaders' Fellowship: Friday 17th January

The next meeting of the BLF will be on Zoom, led by John & Helen Bradbury. Helen and John are pastors of Farnworth Baptist Church, an inner-city community in the Bolton area which supports The Well: A project employing around a dozen people featuring a food bank, an affordable café, benefit/debt counselling, an education centre and more. They will be sharing their thoughts and methods with us. This group is open to anyone in any church leadership role. Please contact the church office if you would like to be sent the Zoom link for this meeting when we receive it.

◆ Soul Sisters: Saturday 18th January, 10:30am

Soul Sisters is Penrallt's women's fellowship group. All ladies are welcome. Our January meeting will be held on Saturday 18th January at 10:30 at Fron Goch Garden Centre, Caernarfon. We will be planning our programme for 2025. If anyone would like a lift, please contact Averil or Ellie. If you are unable to attend, please forward any suggestions for the programme to Averil (francishac3@aol.com).

Please note our meetings in 2025 will be the third Saturday of every month apart from February (which will be on the second Saturday).

◇ **First Aid Training: Saturday 18th January**

We will be running a one-day emergency first aid at work / paediatric first aid course to refresh the skills of Penrallt's first aiders. Most of the places are already taken but there may be one available so please contact the church office if you are interested.

◇ **Church Members' Meeting: Wednesday 22nd January**

The next meeting for Penrallt members will take place on Wednesday 22nd January in the building and on Zoom at 7:30pm. We are seeking to elect new church deacons (i.e. trustees) at the meeting. **Nominations are now open until Sunday 5th January.** Any church member is eligible to serve on the diaconate, and to be considered they need to be nominated (in writing) by two other church members.

If you are not a church member and would like to be, or to learn more about what membership means in a Baptist church, please speak to John (minister@penrallt.org) or Jan (secretary@penrallt.org).

◇ **Men's Breakfast: Saturday 25th January**

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. 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

◇ **Safeguarding Training: Saturday 1st February**

We will be running BUGB Level 2 (am) and Level 3 (pm) training courses for those who need it (NB this will include any new deacons elected at the January church meeting).

◇ **Commissioning of Bangor YFC Centre Director: Sunday 2nd February, 10:30am**

We will be holding a joint service (at Penrallt) with Mosaic and St. John's to commission Grace O'Boyle as Bangor YFC Centre Director. This will be an all-age service.

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.

◇ 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. Note that the Wednesday prayer meeting will not take place on 1st January.

◇ 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).



Gobaith Môn

Gobaith Môn is a Christian youth initiative established by the churches of Anglesey around 10 years ago. Gobaith Môn aims to gather Christians from all denominations to bring hope to the young people of Anglesey by encouraging and developing youth work in schools, churches and communities and by valuing each young person, by being inclusive in community and by encouraging the local church. Gobaith Môn is a Scripture Union Local Mission Partner.

Amy Turner, the Gobaith Môn Youth Worker and lead co-ordinator, grew up in Penrallt. She is currently working with Ysgol Uwchradd Caergybi in Holyhead and Ysgol Syr Thomas Jones in Amlwch. In the school in Holyhead, Gobaith Môn has office space which provides somewhere for children to go if they need someone to talk to. Amy teaches year 7 and 8 PSE (Personal and Social Education) lessons. In the autumn term these focused on morality, how we decide what is right and wrong, and spiritual development. Amy also attends the weekly games club and leads assemblies for years 7 to 11.

In Amlwch, Amy has been teaching year 7 on the topic of bullying, and hopes to teach year 8 in the spring term. Gobaith Môn also took their football cage to the community day in Llanddaniel held at Ysgol Parc Y Bont.

Gobaith Môn has highlighted the following prayer points:

- Continued favour: Pray for favour in all secondary schools on Ynys Môn
- Growth: Grow the team (more workers) and grow the financial support for Gobaith Môn
- Protection: For the students, staff, and Gobaith Môn team

If you'd like to know more about volunteering for Gobaith Môn, please contact Amy Turner: amy@gobaithmon.org.uk.

To support the work of Gobaith Môn financially:
<https://gobaithmon.weebly.com/how-to-donate.html>

Deadline for next month's newsletter: Wednesday 22nd January. 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.