

Overburdened?

God wants to help us with the burdens that we carry by the power of His Holy Spirit. He does not want us to be overburdened. We can feel weighed down by any number of things — some good some bad. How do we prevent ourselves from feeling overburdened? I suggest three weights to reconsider:

The first of course is the 'weight of our sin'. This is a burden which we are not able to carry, and we should not attempt to carry. We will tire from continually attempting to justify ourselves. Jesus offers to take the burden of our sin on the cross (1 Peter 2v24). There is an enormous relief and a weight lifted from us when we confess and repent of our sin and find forgiveness in Jesus.

The second weight is due to the things that we might be carrying that Jesus has not necessarily asked us to carry at that time. This then is a burden we should not attempt to continue to carry at that time. In Matthew 11v28–30 Jesus says:

"Come to me, all you who are weary and burdened, and I will give you rest. ²⁹ Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. ³⁰ For my yoke is easy and my burden is light."

The third 'weight' comes from trying to carry things by ourselves. God has not asked us to carry everything by ourselves in our own strength and without help from others. Sometimes we forget that we have human friends — other Christians (Galatians 6v2). Sometimes we forget that we have access to the strength that God provides in his Holy Spirit. The Holy Spirit is described in John 14v26 as our 'Advocate' and our 'Helper'. He gives us supernatural strength as we ask him to fill us and help us. He is also working on our behalf with an additional spiritual power that we would not otherwise have access too.

Blessings,

John

Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU

Tel: 07934 231788; Email: office@penrallt.org; Website: www.penrallt.org
Office hours: Mon–Fri 10am – 4pm; Administrator: Magnus Forrester-Barker

Minister: John Thompson; 07931 150697; minister@penrallt.org
Treasurer: Averil Francis; 01248 421744; treasurer@penrallt.org

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 or 07934 231788 during the church office opening hours (10am – 4pm Monday to Friday, except Bank Holidays).

Deadline for next month's newsletter: Sunday 25th June.

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

Children's Birthdays in June

5th: Pedro Awolowo

16th: Esther Onwusa

27th: Harvey Lemon

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.

Giving

We take up an offering during our morning services. There is also a donations box at the back of the chapel which you can use 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 Averil (treasurer@penrallt.org), who will be able to advise.

Morning Services This Month

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; see the website for a Zoom link, as well as recordings of past sermons. 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 4th June

Teachings of Jesus: Heavenly minded.

Luke 12:13–34. Preacher: Arwel Jones.

Sunday 11th June

Teachings of Jesus: Always ready to meet Jesus?

Luke 12:35–48. Preacher: John Thompson.

Sunday 18th June

All-age Father's Day service led by Becca Williams.

Sunday 25th June (Communion)

Teachings of Jesus: Conflict and resolution

Luke 12:49–59. Preacher: John Thompson.

Evening Services This Month

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 11th June

Café service in the hall, led by Becca Williams. This will include light refreshments.

Sunday 18th June

Prayer meeting on Zoom (the link will be the same as for morning services, available on our website) led by Martha Saleh.

Sunday 25th June

Connect / Cyswllt contemporary worship service in the chapel, led by Matt Dawson.

◇ **Bangor YFC**

There will be a prayer meeting for Bangor Youth For Christ at 7:30pm on Monday 5th June at Penrallt, in the Twrgwyn Room (please enter via the side door).

◇ **Baptist Assembly**

This year's Baptist Assembly takes place in Telford, 16th – 18th June. Please pray for this event and for John, Andrew and any others going from Penrallt.

◇ **Church Lunch: Sunday 4th June**

Our monthly bring and share church lunches happen after the morning service on the first Sunday of the month (immediately before our monthly fellowship event). All are welcome. Please bring a plate of finger-food to share.

◇ **Church Members' Meeting: Sunday 11th June**

Jan Ablett has been nominated as our next Church Secretary and the members will be meeting after the morning service on Sunday 11th June to vote on this appointment. There will be an option to join on Zoom, using the usual Sunday service link found on our website. The next regular meeting will be on Wednesday 5th July at 7:30pm. Please speak to John (minister@penrallt.org) if you would like to know more about church membership.

◇ **Fellowship Event**

We are going into summer mode, replacing our monthly fellowship walks with beach trips in June and July. We are going to Rhosneigr beach after the church lunch on Sunday 4th June. Please contact Jenny (fellowship@penrallt.org) for more information or to offer or request a lift.

◇ **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.

◇ **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) or John Thompson (minister@penrallt.org) in confidence. If you are in a position to add to the hardship fund, please speak to Averil Francis (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. Most groups meet weekly, though some are fortnightly and we have groups meeting in person and groups meeting online (or a combination of the two).

We also have "contact, care and prayer" to enable people to stay connected even if they are not in a homegroup. This is where 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 Kid's Club**

Kindle is a (free) fortnightly kids' club on Fridays from 6 to 7pm. All primary aged children are welcome and there is a space for parents to stay and chat over a panad while the club is on. Sessions this month will be on **Friday 9th June** and **Friday 23rd June**. For more information, contact Becca (youth@penrallt.org).

◇ **Message Wales Meeting: 7th June**

Message Wales has a passion to share the gospel among the youth of our nation and has long had a desire to work more in North Wales. Plans have been on hold since the pandemic but the time may now be right to restart things. Revd. Nick Sissons from St. John's Methodist Church is hosting a meeting at 12:30 on Wednesday 7th June, probably at St. John's (TBC) for any who are interested to hear what the Message does and explore how we may be able to get involved. Contact Nick (revdncsissons@gmail.com) if you would like to attend.

◇ **Open The Book**

Cytûn have *Open the Book* teams that go into local primary schools to deliver dramatized Bible Stories. Open the Book is an initiative by the Bible Society and is a fun and effective way to have a Christian presence in assembles at primary schools. Please speak to Magnus (office@penrallt.org), a member of the team at Ysgol Hirael, to find out more.

◇ Penrallt on Facebook and YouTube

We have three Facebook groups:

- *Penrallt* (www.facebook.com/groups/2402772192)
a general group for information and social interaction
- *Penrallt Prayer Point* (www.facebook.com/groups/30262793231755)
a private group to share prayer requests and encouragements
- *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:

www.youtube.com/@penralltbaptistchurch

www.facebook.com/penralltbc

www.facebook.com/penralltyouth

◇ Pastoral Help

If you have issues of concern about your own or someone else's welfare, please contact a member of the Pastoral Care team: 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 them.

◇ Prayer Resources

Send prayer requests, thanksgivings and testimonies to our email prayer diary via 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). Our monthly evening prayer meeting is part of our evening service structure; this month it will be taking place on Zoom on **Sunday 18th June at 6pm**; the Zoom link is the same as for morning services and will be found on our website.

◇ 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 (in a different room) available throughout this time for quiet reflection with optional opportunities to be led in short gentle contemplative prayer in the prayer space at the beginning and the end. 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) or Magnus (office@penrallt.org) or, even better, drop in and see for yourself.

◇ **Soul Sisters**

On Saturday 10th June, we will be meeting in Canolfan Penrallt for a game of table tennis or pool, or bring along one of your favourite boardgames. Also we are hoping to experiment with painting pictures with watercolours for those who wish to participate. A warm welcome is extended to all women, including friends and family.

◇ **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) a line. Also, don't miss our *Penrallt Students* Facebook group.

◇ **Working Party: 24th June**

One of the joys of inhabiting a (roughly) 160 year old building is that there's never a shortage of maintenance tasks to keep us occupied! Working together is also a great way to get to know other members of our church family that you don't often get to interact with. There will be a working party on Saturday 24th June, from 9:30am until around 12:30pm. You are welcome to come for the whole morning or to drop in more briefly. Please contact Stephen (buildings@penrallt.org) if you would like to know in advance what jobs might be available and to sign up for one. There will certainly be tasks suited to a range of experience/ability levels.

◇ **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 morning services). Ignite is open to all, and is a social evening with games and activities. Deeper provides opportunity to find out more about the Christian faith. Find out more on our youth website, www.penralltyouth.org, as well as our *Penrallt Youth* [Facebook page](#) and [Instagram group](#). Contact our youth worker, Becca (youth@penrallt.org), for more information.

Focus on...



Sarah and Paul Brown

Serving with BMS in Thailand

Sarah and Paul Brown have been working in Thailand for eleven years, initially in Bangkok and then moving to Chiang Mai in 2019. Until the end of 2021, Paul and Sarah were serving with the New Life Centre Foundation, a BMS mission partner.

Sarah and Paul are now starting a new ministry with the Thailand Karen Baptist Convention (TKBC), working with the Karen people. The Karen families live in very modest homes, single story 1-bedroom houses made from wood, with minimal belongs, little to no modern technology, and living off the land by farming. It may seem like they do not have much, however, their hope in Christ far outweighs all the materials things that we seem to hold dear to us.



Paul and Sarah are supporting, empowering and discipling the youth and women to be able to serve the Lord holistically. As well as the wider community, particularly those who are marginalised. Paul is assisting to build up the IT ministry and teaches English to the youth, seminary students, and leaders from the women's department. Sarah teaches baking to the youth, women within TKBC and the community, so they can utilise the skill for a livelihood.

Paul and Sarah's home churches are New Testament Church of God, Aylesbury, and Mile End New Testament Church, London.

The Browns are back in the UK in June and July for home assignment. Please pray for them as they visit their partner churches to share what God is doing in Thailand.

For more information: <https://www.bmsworldmission.org/people/paul-and-sarah-brown/>