



## Newsletter: March 2025

### *Learning from the miracles of Jesus*

I am fascinated by the miracles of Jesus. What was it that actually happened to the molecules under the feet of Jesus as he walked on the water? The fluid dynamics I studied during my physics degree were also fascinating, but they don't give me an answer here.

Over the years people have suggested various things. Some people have suggested that there was a sandbank or that they were closer to the shore than they realised (which would be a denial of this miracle — so misses the point and can't be the correct interpretation), or that God put a really large fish there just at the right time (which would still be a miracle of timing — but unnecessarily denies the account of scripture and the actual miracle). The scriptures don't really give us a reason — nor do they need to. It just happened!

The scriptures focus on the consequences. As Jesus walked on the water he displayed to the disciples that he is Lord even over the natural order. What an incredible thing to witness. Peter — someone who had been around water his whole life, a fisherman, asks to step out onto the water. Peter then actually walks on water for a short time too.

We can have incredible and even miraculous experiences when we are in the presence of Jesus that encourage us and equip us for the challenges of the Christian life. It can be discouraging looking at the storms of life and situations in our lives and in the world. These miracles help us to believe that God has a plan and he is working it through to his glory and for the good of his people.

The response of the disciples that day was to bow down and worship Jesus, to put their trust even more deeply in him. When we find ourselves in the storms will we place our trust in Jesus?

Blessings,

*John*

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Administrator: Magnus Forrester-Barker; 07934 231788; [office@penrallt.org](mailto: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 2<sup>nd</sup> March (All-age)**

*Thanksgiving*

Preacher: Perpetua Ifiemor.

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

### **Sunday 9<sup>th</sup> March**

*Dedication*

1 Samuel 1:21–28

Preacher: John Thompson.

This service will include the infant dedication of Samuel Salako.

### **Sunday 16<sup>th</sup> March**

*Miracles of Jesus: Feeding the 5000*

Preacher: John Thompson.

### **Sunday 23<sup>rd</sup> March**

*Miracles of Jesus: Walking on water*

Preacher: Peter Jones.

### **Sunday 30<sup>th</sup> March (Mothering Sunday; Communion Service)**

*Miracles of Jesus: Peter's mother in law*

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](mailto: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. **Magnus will be taking annual leave on Tuesdays in 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. This month's evening services will all be continuing in our video series of talks on Romans by Andrew Ollerton.

***Sunday 2<sup>nd</sup> March: No evening service***

**Sunday 9<sup>th</sup> March**

Communion service led by John Thompson.

**Sunday 16<sup>th</sup> March**

Service led by Magnus Forrester-Barker.

**Sunday 23<sup>rd</sup> March**

Service led by John Thompson.

**Sunday 30<sup>th</sup> March**

Service led by Magnus Forrester-Barker and Abi Penney.

## ***Children's Birthdays in March***

12<sup>th</sup>: Joshua Salako

15<sup>th</sup>: John Brindley, Diamond Oyelakim



Our **Alpha** course continues on Monday evenings until the end of March. 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.

*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.*

## ***Other Events in March***

### **◇ Church Lunch and Fellowship Walk: Sunday 2<sup>nd</sup> March**

As usual we start the month with lunch together after the morning service, but this time we are inviting you to bring your own picnic. We'll set out some tables and chairs in the hall and there will be tea, coffee and soft drinks provided.

After lunch, we will (weather permitting) go for a walk at Conwy, including the sections of the town wall that are currently open. For more details, or if you would like to request or offer a lift, please speak to Jenny ([fellowship@penrallt.org](mailto:fellowship@penrallt.org)).

### **◇ Bangor Youth For Christ Prayer Meeting: Wednesday 5<sup>th</sup> March, 7pm**

We will be hosting a prayer meeting, led by Bangor YFC Centre Director Grace O'Boyle, in the Twrgwyn Room at Penrallt. All are welcome.

### **◇ World Day of Prayer: Friday 7<sup>th</sup> March**

The World Day of Prayer is an annual, global, ecumenical event where Christians are invited to pray on a theme chosen and prepared by Christian women from a different country each year. This year's theme is *I made you wonderful* and the material has been prepared by women from the Cook Islands. See [wwdp.org.uk](http://wwdp.org.uk) for more details.

Sadly it has not been possible to arrange an English-language service in Bangor this year, but there will be a service in Welsh at Emaus at 10:30am and English orders of service will be provided for those who don't speak Welsh. All are welcome. There is also an English service in Holyhead at 6pm at St David's church, in Morawelon, to which all are also welcome.

### **◇ Pathways: Saturday 8<sup>th</sup> March**

Penrallt is hosting a monthly series of training courses run by Cardiff Baptist College. The first of two sessions on the Bible, is running on 8<sup>th</sup> March (the second will be on 5<sup>th</sup> April). *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).

### **◇ Soul Sisters: Saturday 15<sup>th</sup> March, 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) with refreshments. Monica will be presenting a workshop on her felt animals and Arwen, one of our students, will be showing her jewellery craft mainly made from shells. Please come and support them. For more information speak to Averil ([francishac3@aol.com](mailto:francishac3@aol.com)).

### **◇ Baptist Leaders' Fellowship: Monday 17<sup>th</sup> March, 10am**

The next meeting of the BLF will be at Prince's Drive Baptist Church, Colwyn Bay. The speaker will be Tim Rowlands, the head of Evangelical Alliance Wales. This group is open to anyone in any church leadership role.

#### ◇ Morning of Prayer: Saturday 22<sup>nd</sup> March, 9am – 12:30pm

Following on from the Leaders' Morning in October, where the wider leadership team met to pray and discuss our vision for Penrallt and where God is taking us, we are setting aside Saturday 22<sup>nd</sup> March in the morning for all the church fellowship to come together to pray about our Vision for Penrallt as we seek God's heart for us as a church going forward.

It would be great if you could join us — there'll be some time for worship, and we'll bring the pictures, words from Scripture and John's presentation which have all been collated from the day in October. These things can give us a good starting point, as we set time aside to listen to God and seek his direction for us as a church.

Hope you can join us for the morning. We'll meet in the Canolfan and there'll be tea/coffee etc. from 9am as people arrive, as we'll start at 9:30am.

#### ◇ Men's Breakfast: Saturday 29<sup>th</sup> 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 between 9 and 11am. All men are welcome. Please contact the church office or Ian ([ianablett57@gmail.com](mailto:ianablett57@gmail.com); 07759 718931) for more details, or to offer or request a lift.

### *Future Dates*

#### ◇ Easter Cracked: Sunday 6<sup>th</sup> April (afternoon)

A free family event, aimed mostly at primary-aged children, that explores the story behind Easter. It will be necessary to book places for this event, so please keep an eye on our website or email [office@penrallt.org](mailto:office@penrallt.org) and ask to join our news mailing list in order to receive the booking link when it becomes available. Please note that this event will take the place of our fellowship walk in April.

### *Other Information*

#### ◇ 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.



### ◇ Prayer Resources

Send prayer requests, thanksgiving and testimonies to our weekly email prayer diary via [office@penrallt.org](mailto: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 prayer meeting will not run on Saturday 22nd March, on account of our prayer morning at the church.*

### ◇ 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](mailto: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](mailto: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.penralltyouth.org](http://www.penralltyouth.org), as well as our Penrallt Youth Facebook page and Instagram group, or contact our youth worker, Becca Jackman ([youth@penrallt.org](mailto:youth@penrallt.org)).

## Claire Bedford

### Serving with BMS in Chad

Claire Bedford has been based at Guinebor II hospital in N'Djamenna, Chad (West Africa) since January 2016. Previously she trained and worked as a pharmacist in the UK. At Guinebor II she supervises the pharmacy and the lab as well as being a member of the hospital's Senior Management Team alongside other long-term mission workers.



There are 123 staff at the hospital and Claire observes that running it is “no small task but with teamwork and God’s grace, it happens, and patients continue to trust the hospital and come for care.”

Although the hospital was founded and is run by Christians, they rarely get opportunities to talk freely about their faith, relying instead on demonstrating God’s love in their actions. However, Christmas affords a bit more opportunity to speak openly and at this year’s Christmas party for staff, patients and caregivers, they were able to include a Gospel talk in Chadian Arabic by one of the chaplains. Christmas and the new year were also a great time of celebration in Claire’s Chadian church. The pastor reminded them of the reality of spiritual warfare and the need to be grateful for God’s constant protection and not take it for granted.

Although Claire continues to take a supervisory role in the pharmacy, she is increasingly able to leave the day to day running of it in the capable hands of Cleopas and his assistant Valerie, which frees her up to concentrate more on the management side of her role. The ceilings in the pharmacy are currently being renovated. Give thanks for this work and the improvement that it will bring, but pray for the safety of the construction team.

Claire has recently been joined at Guinebor II by fellow BMS missionaries Ingrid and Roger Hamlet, who are setting up a Prosthetics and Orthotics Department at the hospital this year. They and their two young sons are living in the house next to Claire’s and she has been helping them to find their feet. She encourages us to pray that they would feel a part of the team and comfortable in their new life in Chad.

Copies of Claire’s prayer letters and more information are available directly from <https://bmsworldmission.org/cbedford>

**Deadline for next month’s newsletter: Monday 24<sup>th</sup> March.** 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](mailto:office@penrallt.org).