



Newsletter: May 2023

Look what God has done!

Over history, the people of God have always been encouraged to remember what God has done and honour what God is doing. The Passover meal reminded the Old Testament people of God of the saving work of God. Their festivals honoured God for His continuing provision. The Psalms recited by His people sang of the stories of God's deliverance and praised Him for his goodness. In the New Testament, we, the people of God today, are encouraged to take communion to remember the greatest work of God — the sacrifice of Jesus for us. His work of eternal salvation for all who will accept and trust in Him.

Our annual AGM was a great time to look back and remember. It was a privilege to bring together everything that God has done and is doing in us, among us, through us and around us, and to give Him thanks and praise. To recognise and celebrate all that He is doing.

I also want to honour the efforts and commitment of everyone who works so hard to make 'church' happen. You are a testimony to 1 Peter 4v10:

"Each of you should use whatever gift you have received to serve others, as faithful stewards of God's grace in its various forms."

It's a privilege to be serving God together. It's also great to serve together in fellowship — as we seek to be a blessing to one another in the way that we serve God together. If you're not already involved, please do think, and pray and chat to myself or to one of the deacons about how God might be calling you to use the gifts and time and talents that he has given you. We want to see God's kingdom of love and blessing and truth and grace grow. For His glory alone.

Blessings,

John

Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU

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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 28th May.

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

Christian Aid Week, 14th – 20th May 2023

Events:

- Saturday 13th May 2 pm to 4 pm: Afternoon tea at Menai View, 24 Garth Wen, Llanfaes, LL58 8PT (home of Judith and Bob Bousfield).
- Saturday 13th May at 6.30 pm: Welsh Folk evening at St John's.
- Monday 15th May at 12:30pm Bilingual service at Berea Newydd with frugal lunch to follow.
- Friday 19th May from 10am til 12.00pm: Plant and cake stalls in the Bus Station Gardens (opposite Penrhyn Hall).

Proceeds from all these events will go to support the work of Christian Aid. For more information see the Focus article at the back of this newsletter.

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 and continue to be in a hybrid format, in the building and on Zoom; 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 7th May

Crown him Lord of all.

Luke 23:32-47. Preacher: James Goodman.

Sunday 14th May

Teachings of Jesus: Good leadership.

Luke 11:37–12:3. Preacher: John Thompson.

Sunday 21st May

Teachings of Jesus: Do not fear.

Luke 12:4–12. Preacher: John Thompson.

Sunday 28th May (Communion)

Pentecost.

Acts 2:1–21. 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 walk following the morning service (see next page). Services planned for the rest of the month are:

Sunday 14th May

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

Sunday 21st May

Prayer meeting on Zoom (the link will be the same as for morning services, available on our website). We will be praying for families, including those represented in Penrallt, and petitioning God to enable them to live a life worthy of God's call and to give them power to accomplish the good things that He prompts our families to do (2 Thessalonians 1:11).

Sunday 28th May

Contemplative worship service in the chapel.

◇ **Bangor YFC**

There will be a prayer meeting for Bangor Youth For Christ at 7:30pm on Wednesday 3rd May at St. John's Methodist Church (near Lidl and the railway bridge on Bangor High Street).

◇ **Baptist Leaders' Fellowship**

The next meeting of the Baptist Leaders' Fellowship will be on Monday 15th May in Princes Drive Baptist Church, Colwyn Bay. The subject will be 'Emotional stress on today's teenagers'; the speaker will be Ben Nuss, a full-time counsellor with the local Child and Adolescent Mental Health Unit. This event is for anyone in any leadership capacity within the church. There will be a soup, bread and cheese lunch together afterwards.

◇ **Church Lunch: Sunday 7th May**

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.

◇ **Fellowship Walk**

We are planning to have a walk after the church lunch on Sunday 7th May from Brynrefail to Llanberis. 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 5th May** and **Friday 19th May**. For more information, contact Becca (youth@penrallt.org).

◇ **Men's Fellowship**

Our men's fellowship group have not yet decided on an activity for May. Please let Neil Rymer know if you would like to receive emails about this group's events (usually the first Monday evening of the month).

◇ **One Voice Choir**

One Voice, a small chamber choir from a Christian university in Texas, are coming over for a short tour of North Wales, not just to perform but also to learn about Wales and to pray with and for us. They are holding a concert at Ucheldre Centre, Holyhead on Friday 12th May at 7:30pm. The concert is free, but donations will be accepted. The choir will be performing a range of material including Gospel, African American spirituals, Renaissance, hymn arrangements etc.

◇ **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 Hiraef, 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 21st May 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 13th May, we will be meeting at Bangor Cathedral (main entrance) at 10:30 am, where Gareth Roberts will kindly take us on a Guided History Walk around Bangor, lasting just over an hour. Afterwards, if you wish we will call at a local café for refreshments. If it is raining we will meet at Penrallt as usual, where Gareth will give us a talk. A warm welcome is extended to all women, including friends and family. Please contact Averil if you would like a lift to Bangor.

◇ 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.

◇ **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...



Christian Aid Week **14th to 20th May 2023**

Please see the inside front cover of the newsletter for all the Christian Aid Week events, and do get involved.

For more than 75 years, Christian Aid has fought poverty, strengthened the poor, and turned hope into action. It all began in 1945, initially to help European refugees who had lost everything in the war. From rehabilitating former child soldiers in Uganda to supporting people living with HIV in South Africa, from promoting Afghani women's rights to helping the survivors of Cyclone Nargis in Burma, Christian Aid now works globally in around 29 countries.

Christian Aid has a vision — an end to poverty. They aim to achieve this by an integrated approach to poverty eradication — working on humanitarian relief, long term development, specific advocacy issues and campaigns for change and influence.

Christian Aid is an agency of churches in Britain and Ireland, including the Baptist Union of Great Britain. Christian Aid's work is founded on Christian faith, inspired by hope and acts to change an unjust world through charity — a practical love and care for our neighbours.

It works with and through overseas partners: churches, ecumenical bodies, local NGOs and movements who have common values and competence in poverty eradication. As a faith based organisation, Christian Aid is committed to work with people and organisations of other faiths in the belief that people of faith can make a positive contribution to public debate, policy and action on issues of poverty eradication.

Focus on... **Christian Aid Week** (ctd.)

The first Christian Aid week was held in 1957. Since then, that little red envelope has dropped through literally tens of millions of letterboxes. But in a post-pandemic world, the envelope has become digital. You can now make a donation online: envelope.christianaid.org.uk/penrallt (or scan the QR code). Please give generously.



This year, Christian Aid is focusing on farmers in Malawi. Christian Aid's two partners in Malawi are the Nandolo Farmers' Association (NFA) and Alliance Development African Foundation (ADAF). NFA helps farmers market their produce, form co-operatives and supports them to increase their pigeon pea harvests. ADAF helps farmers who cannot obtain traditional bank loans with access to loans, and brings people together in village savings and loan associations.

One of the people these organisations have helped is Esther Saizi. The 54-year-old grandmother grows pigeon peas, which she uses to bake bread and also sells, using some of the profits to help her daughters with nursing training and a carpentry business, as well as paying for grandchildren to attend nursery.

Esther has struggled to get a fair price for her produce and lost a lot of her crops during Tropical Storm Ana. She felt desperate. But when she joined a pigeon pea programme run by Nandolo Farmers' Association, and started selling as part of a co-operative, she was able to earn much more.

With the profits, Esther bought goats which also provide manure for her crops, saving on expensive fertiliser. She now keeps her peas in a warehouse, safe from floods and storms. She also processes pigeon peas into fish food using the co-operative's machine, which was provided by Christian Aid.

"We are a community that helps one another a lot," Esther says. "If people face a problem, we do not allow them to suffer alone."

This is how the money raised during Christian Aid Week can help:

- £50 could provide pigeon pea seeds and farming tools for a family.
- £70 could buy a bicycle so an experienced farmer can reach others in remote areas and teach them essential business skills.
- £250 could pay for a cooperative oven, supporting more than 800 people to turn their pigeon peas into profit by baking bread.
- £1,000 could pay for a fish food processor, so co-operatives can turn their pigeon peas into fish food and raise fish to sell.
- More information about Christian Aid's relief and development work and campaigning can be found on their web site: www.christianaid.org.uk.