



Penrallt Baptist Church

Newsletter for November 2011

Magnus and I, of course, spend our life in the church office debating the finer points of theology, philosophy and algebraic mathematics. But last week we found ourselves disagreeing about harps. Well, it was a quiet day in the office. The occasion of the debate came about when Nia, our usual harpist, was unable to play in our Celtic style communion service, so was ably substituted by Menna. Her classical harp, however, was at home so she had to borrow Magnus' smaller Celtic harp. Now the difference between them is that the classical instrument has pedals which allow you to change key, while the Celtic harp has to be retuned if you want to do that. This necessitated singing a few hymns in slightly uncomfortable keys rather than stop the service to retune the harp.

This led to us talking and disagreeing about the Welsh triple harp, an awesome instrument with three sets of strings, notoriously difficult to play but possessing unique qualities. Magnus insisted that as the inside set of strings provide all the missing notes you need for a full scale there is no need to retune it. I, however, having enjoyed a number of triple harp concerts have often seen the harpists re-tuning to a different key on stage. As it happened Magnus played a gig last week with Robin Huw Bowen, the renowned Welsh triple harpist, so he asked him which of us was correct. It turns out that both of us are right. Now how often does that happen? Although you can play in any key on the triple harp, the middle strings are difficult to access so the harpist often retunes the instrument to make life easier.

In any case it is a mighty instrument, and I well remember a concert at which Crasdant were playing. They feature Robin on triple harp, and come the moment for him to deliver a solo set of Welsh jigs and marches on the instrument, my eyes were drawn to the front row where two young boys sat, both of them under ten years of age. As Robin's finger danced across the strings the boys moved to the edge of their seats, gripping their chairs tightly with their hands, eyes out on stalks, mouths dropped open. And they moved not a muscle until the music finished whereupon they turned to look at their mother, wordlessly expressing their amazement.

Which brings me to the book of Colossians and Jesus. Paul, in this Epistle lets himself go in praise of Jesus. "He is the image of the invisible God," he insists, "for by him all things were created . . . He is before all things, and in him all things hold together. For God was pleased to have all his fullness dwell in him, and through him to reconcile to himself all things, whether things on earth or things in heaven, by making peace through his blood, shed on the cross." Paul's admiration and wonder at Jesus is overwhelming. He is dumbstruck with the greatness of our saviour, and this amazement is reflected right through the book. Either you share it or you don't.

Minister: Revd Peter J. Cousins, 135 Penchwintan Road, Bangor LL57 2YG (01248 353878)

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

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

Church Office: 01248 353355; **Email:** office@penrallt.org; **Website:** <http://www.penrallt.org>

Either you have discovered for yourself his cleansing, inspiring, life-changing power or you haven't. If you have, there will be times in your life when, like those two young boys, you are overwhelmed. Worship leads to stunned awe, gratitude and adoration of Jesus, the Son of God. You will feel like the old Wesleyan hymn says: "Lost in wonder, love and praise."

God bless,
Peter

Students

We welcome all students to Penrallt. Please make sure you pick up a welcome pack from the porch. Danielle Fifield is our student coordinator for this year and we encourage you to say "Hi" to her and find out what is happening in our church over the coming months.

SERVICES IN NOVEMBER

November 6

10.30am ***Taking Jesus into your home and workplace***
Colossians 3:18 - 4:1

2.15pm Service in Bontnewydd

6.00pm Communion service ***Kingdom First*** *Matthew 6:19-34*

November 13

10.30am Remembrance Sunday
Roger Borlace ***Devotion & Encouragement***
Colossians 4:2-18

6.00pm Geoff Birch ***Sawdust, Planks and Generosity***
Matthew 7:1-12

November 20

10.30am Healing Service

6.00pm *Matthew 7:13-28*

November 27

10.30am Communion service ***Christmas in Paradise (Lost).***
The New Adam *Genesis 3:14-16*

6.00pm ***Christmas in Iraq: A Worldwide Family*** *Genesis 12:1-9*

Our Preaching Team for November:

Peter Cousins is the minister. *Geoff Birch* and *Roger Borlace* are retired ministers, members of Penrallt.

Faith Café

After church on Sunday evenings we host Faith Café for students and young adults. Starting around 7.15pm it is an evening of chat, interviews, music and discussions.

CHURCH LUNCH

We will host a church lunch on **Sunday November 6th**. Please bring enough buffet style "finger food" for yourselves and one or two others.

SPECIAL DATES IN NOVEMBER

Monday 31 Oct.	6-7pm	Light Party for children: an alternative to Hallowe'en – see Ian Walker for details
Wednesday 2	10.30am	Men's Prayer Meeting
Monday 7	7.30pm	Deacons' Meeting
Saturday 12		Alpha Away Day
Saturday 12	7.30pm	Tehilla (see below)
Saturday 19	10.30 – 2	Autumn Fair
Saturday 26	7.00pm	ENW (see below)

Tehilla (from a Hebrew word meaning 'praise') is an opportunity to come together and worship God in an informal, unstructured setting. It is an open time of worship, where we bring our hearts, minds, hands and voices (and instruments), and spend time making music to God, or just waiting on Him. Anyone who wants to worship is welcome! Speak to Deb Stammers for more details.

ENW Our inter-denominational youth service ENW will be held on Saturday 26th November in Penrallt. It is especially aimed at young people of secondary school age. Doors open 6.30pm to start at 7.00, and there will be pizza in the hall afterwards! Check out our facebook page for more details or email Deb at deb.stammers@btinternet.com.

NEWS OF PEOPLE

A lot is still going on with our church folk and the hospital. **Mark Young** is undergoing chemotherapy at Ysbyty Gwynedd. He thanks everyone for their prayers and support. Visiting is restricted because of the risk of infection so we are not able to visit him without checking first. For offers of help or information phone our contact link with the family, Billy Elliott on 01248 372568.

Joan Mason is recovering from surgery, but faces further treatment.

Four babies were born into the Penrallt family last month. **Ruth Slatter** (née Kelso) and Ben have had a baby boy, Thomas Ieuan (they were married in Penrallt, but live in London), **Erika and Andy Goodwin** had a baby girl, Evangeline, **Linda and Paul Warnock** have had baby girl, Anna Eilidh, while **Jess and Seamus** have had a baby boy, Micah Blaze. Congratulations to all families.

Congratulations also to **Bob Woods** who was awarded the Annual Reisberg Award in America for his 'distinguished contributions in the area of non-pharmacologic treatment for Alzheimer's disease'.

Children's Birthdays in November

4th: Rio Davies; **8th**: Rebekah Collis; **31st**: Catrin Gwilliam

WEEKDAYS

Please check with the contact people when there are meetings this month.

HG = Home Group

Day	Time	Details	Contacts
Tue	8.00pm	HG, Nilgiri	Joan Beer (353874)
Tue	7.30pm	HG, Tyddyn Isaf, Menai Bridge	Magnus Forrester-Barker (717570)
Wed	10.30am	Men's Prayer Meeting	Peter Cousins (353878)
Wed	2.00pm	Carers' Home Group	Carol Morris (716953)
Wed	7.00pm	HG for young adults, Bangor	Danielle Fifield (07849935707)
Wed	7.30pm	HG, The Nomads	Jess & Seamus Adams (421185) Susan Cousins (353878)
Wed	7.30pm	HG, Bethesda	Jon & Deb Stammers (602868)
Wed	8.00pm	HG, Grŵp Cymraeg	Owen & Nia Lloyd Evans (352634)
Thu	10.30am - noon	HG, 76, Ffordd Cynan	Jenny Powley (364292)
Thu	10.30am	Post-Alpha Bible Study	Sue & Lawrence Moss (713793)
Thu	7.30pm	HG, Llanfairpwll	Sue & Lawrence Moss (713793)
Thu	7.45pm	HG, Lon-y-Deri	Gill Goodman (355256) Billy Elliott (372568)
Fri	10.30am - noon	Cheeky Monkeys	Joan Rymer (713003)
Sat	8.30am	Prayer Meeting	

NOTICEBOARD

➤ ***Men's Prayer Meeting Wednesday 2 November 10.30am***
The men will meet for prayer as usual, followed by coffee in Options.

➤ ***Walking Group Tuesday 15 November 10.30am***
The Walking Group will be following part of the Llyn Coastal Path and visiting the village of Nant Gwrtheyrn (the hidden village). The walk is shorter than usual but we will spend time lunching in the excellent restaurant and viewing the heritage site of Nant Gwrtheyrn. We meet at 10.30am at the car park above the village of Llithfaen in the shadow of Yr Eifl. From Caernarfon follow the A487 and after 3.3 miles take the A499 for Pwllheli. After another 10 miles turn right onto the B4417 for Nefyn. After another 2 miles you enter the village of Llithfaen. At the cross roads in the middle of the village at the shop/P.O. turn right up the hill

for Nant Gwrtheyrn (brown heritage sign). (If you need them, there are toilets on the right just before the turning.) The car park is one mile further, on the left.

- **Autumn Fair** **Saturday November 19** **10.30am—2pm**
As usual, proceeds will be split between Hull Youth for Christ (Hemburys) and Tearfund. Please contact Jan Jones or Mari Kelso if you would like to help in any way.
- **Penrallt on Facebook**
100 people are signed up to Penrallt's Facebook site. Join us.
- **Volunteers**
Volunteers are needed to help in a work with children to be held in the Cathedral on the day of the Bangor Christmas event, Saturday 10th December from 11-2pm. Please get in touch with the Cathedral staff if you are interested.
- **Job Vacancy in Penrallt**
We are seeking a volunteer to take over from Sarah Jackson in the post of *Christian Aid Co-ordinator* in Penrallt. It involves organizing Penrallt's share of the Christian Aid door-to-door collection next May during Christian Aid Week (13 – 18 May). Please talk to Sarah if you're interested.
- **Street Pastors' Message from Paul Rowlinson**
Please could you draw the attention of the churches to the article in this week's *Bangor and Anglesey Mail* on the Bangor Street Pastors, written by a journalist who accompanied us as an observer two weeks ago. It can be read online through this link <http://www.theonlinemail.co.uk/bangor-and-anglesey-news/local-bangor-and-anglesey-news/2011/10/12/up-all-night-with-bangor-s-street-pastors-66580-29574483/>
- **Magnus** has moved to Menai Bridge. If you need to contact him, you can do so either at the church office or on the number listed under 'Home Groups'.
- **Are You Artistic?**
Every year I paint a large backdrop for the Carol service. However, the two artistic people who have helped me do it recently (Freya and Ciara) have moved away. Can you paint? Would you like to help on Monday/Tuesday/Wednesday 5th/6th/7th December? Peter
- **Homeless in Bangor**
We do not recommend giving money to the homeless. Instead, £5 in one of the brown envelopes from the table in the porch of the church (placed in the offering) will buy a hot meal for them through the St. Mary's Hostel scheme. So far Penrallt has contributed £2755 to the fund.
- **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.

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.

➤ ***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, Eunice Smith 713296,
Judy Stammers 364394 Geoff Moore 410582 Jenny Powley 364292

❖ ***Looking Forward to Christmas***

Here are some dates for you to put in your diary for December:

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|-------------------------------|---------|---|
| ❖ Sunday December 4 | 10.30am | Sunday School Christmas Service |
| ❖ Saturday December 10 | 1.00pm | a CYTUN event during the Bangor Christmas Festival (more details to follow, but it involves a short practice for us all on Saturday 3 rd) |
| ❖ Sunday December 11 | 6.00 pm | Upper Bangor Community Carols by Candlelight Service |
| ❖ Friday December 16 | 6.30 pm | CYTUN carol singing in aid of Christian Aid outside Morrisons |
| ❖ Sunday December 18 | | Instead of the evening service there will be an interactive event organized by Andrew March. |
| ❖ Sunday December 25 | 10:30am | our Christmas Day service. |

Deadline for next month's newsletter Sunday 20 November

Please send information to Gwyneth
(gwyneth@brindley-wales.com or 352682)

FOCUS ON...

Dave Williams: A Year in MaLoKai



*Dave is the one on the left.
MaLoKai have covered Price Tag
– available on iTunes.*

Since joining MaLoKai in August 2010, life has changed completely. By the time I finished my degree in History at Bangor University, I was sold out completely for God, passionate about doing His will in my life, but thought my ambitions to be a drummer were still supposed to be on a secular scene. Long story short, I ended up in MaLoKai and have never looked back.

I am continually blown away by how God's plan for my life is better for me than my own. I had never been really into Christian music as a genre, but now am passionate about how it can be used as a tool for evangelism, but also as a way of encouraging fellow believers. I'm

especially passionate about providing a high quality alternative to secular music which so often promotes so many negative things.

I also never felt particularly called to working with young people and aside from leading worship at ENW, had done very little of it. Now I've worked with young people all over the UK (plus an excursion to Switzerland) and I love it. I love seeing young people's lives changed through entering a relationship with Jesus, seeing burdens lifted, emotional hurts healed and the love of God encountered.

Finally, I had always said (when it had been suggested to me that I moved north to Manchester after University) that I would never want to live in Manchester, would be loth to leave my family down south in Hastings. I miss my family greatly, and one of the hardest things in my job is not seeing them as much as I would like (some of you may know my main reason for attending Bangor University was to be around my nephew Josh, while he grew up). However, I am very settled in Manchester and love life here. It is an ideal training ground and place for me to grow spiritually, while it is also the only big city in the UK I feel fully comfortable in.

God has been amazing showing me the desires of my heart that turned out to be far beyond what I could have ever expected. In my final year of University I learned I can never be fully happy or satisfied unless I live a life seeking God's will rather for my own gain. Since trying my best to live that way life has become the most awesome adventure.

I am so excited about the next year of this adventure, as MaLoKai goes about its three-pronged ministry. Working in schools alongside the Message Trust in

Manchester; working with Churches and their young people for evangelism and outreach all over the UK and beyond; and finally, being salt and light on the secular gigging scene. Our music is a way of gaining a platform to present the gospel from. Be it then presented from a mic to hundreds at a big event, or quietly one on one to someone after a pub gig.

Thank you so much for all your prayers love and support. If anyone would like to know more about my work, or is interested in supporting me in my ministry, please contact me at dave@malokai.co.uk .

Blessings

Dave

MalloKai are also on Facebook at www.malokai.co.uk