



Newsletter: November 2023

Identity crisis? Who am I?

Many people will struggle with their identity at some point during their lives. Between 10-20% of people report having what is considered to be a 'mid-life crisis'. Aged usually between 40-60. In addition, others have had identity crises which have been triggered by or exacerbated by the pandemic. And in 2015, a study found that 37% of teens were struggling with their identity. Knowing that we have identity in Jesus as Christians is powerful. For me, it has been and continues to be a major component of being at peace with God and at peace with myself.

The Bible helps us to reflect on our identity, but it goes beyond this too. The Bible is the revelation of God. If this is true, the Bible is not one of a number of realities, it is an objective source of truth. As such, there is a unique authority and power contained within it. It provides a firm foundation for the deepest questions of life.

I hope you have been blessed and affirmed in your identity as a Christian as we have considered the questions "Who am I?". Remembering that we are: "Made in the image of God", "A child of God", "A new creation", "Blessed to be a blessing", "A temple of the Holy Spirit", "A citizen of heaven". We go on to reflect on the truths that "I am Free", "I am Chosen" and "I am in Christ". You can find these on YouTube and via our website.

Praise God for what he has done for us in Jesus — our Saviour, our Redeemer and our Loving Lord:

1 John 3v1: "See what great love the Father has lavished on us, that we should be called children of God! And that is what we are!"

Blessings,

John

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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 26th November.

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

Children's Birthdays in November

2nd: Isabelle Onwusa

10th: Theo Kohn-Hollins

20th: Micah Adams

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

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 (Zoom 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); 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 5th November

International all-age service.

Sunday 12th November (Remembrance Sunday)

Christian Identity: I am free.

Preacher: John Thompson.

This service will include an Act of Remembrance at 11am.

Sunday 19th November (Safeguarding Sunday)

Christian Identity: I am chosen.

Preacher: John Thompson.

Sunday 26th November (Communion)

Christian Identity: I am in Christ.

Evening Services

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 12th November

Prayer meeting.

Sunday 19th November

Contemporary service.

Sunday 26th November

Service of Remembrance and Thanksgiving let by Revd. John Thompson.

This is an opportunity to come together before our God remembering and giving thanks for people who were close to us who have died.

◇ **Alpha**

Our latest Alpha course at Penrallt continues to run on Monday evenings until mid-December. We also have an away day on Saturday 11th November. It is now too late for new guests to join the course but please let us know if you'd like to be notified when details of the next course have been set (it is likely to start in September 2024).

◇ **Baptist Leaders' Fellowship**

The next meeting of the Baptist Leaders' Fellowship is on Friday 17th November on Zoom, 10:30–12:00. Mary Evans, a leading OT scholar, will be talking about "Tales of the Unexpected" – the problem of reading the Bible and seeing what you would like to see or expect to see rather than what's there. Please contact the church office if you would like a copy of the Zoom details when we receive them. This group is open to anyone in any leadership role within the church.

Please also pray for John as he meets with other Baptist Leaders across Wales, 6th – 7th November in Llangasty.

◇ **BMS Harvest Appeal / Tearfund Big Quiz**

The BMS Harvest Appeal last month collected £396 towards helping farmers in Uganda. The Tearfund quiz night raised £360. Thank you to everyone who contributed to these two worthy causes.

◇ **Christmas Fayre**

Saturday 18th November, 11–2pm in Canolfan Penrallt (our rear hall). Soul Sisters extend a warm welcome to everyone to join us for refreshments with various stalls and crafts. Please invite your friends, bring cash only thank you. Money raised will be distributed to local charities.

◇ **Church Lunch and Fellowship Events**

Our monthly church lunch and fellowship events take place on the first Sunday of the month. For this month's lunch, on 5th November, food will be provided by our international community but you are also welcome to bring a plate of finger-food (enough for yourself and perhaps one or two others) if you wish. The fellowship event will be a woodland walk at Malltraeth, approx. 3km with some muddy / uneven ground not suitable for pushchairs. For more information or to request or offer a lift, please contact Jenny (fellowship@penrallt.org).

◇ **Church Members' Meeting**

Our next church members' meeting will take place on Wednesday 10th January 2024 at 7:30pm in the chapel and on Zoom. To find out more about church membership, please speak to John (minister@penrallt.org) or Jan (secretary@penrallt.org).

◇ **CVM Rumble**

Christian Vision for Men are hosting a men's breakfast for North Wales on Saturday 18th November at Gloddaeth Church, Llandudno, 08:30 – 12:00, on the theme of *Becoming a king*. For more information and to book places, visit <https://tickets.cvm.org.uk/events/christianvisionformen/1045376>

◇ **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 Cathy Fooks (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. Groups meet weekly or fortnightly, in person, online or a combination of the two. We also have "contact, care and prayer" to enable people to stay connected even if not in a homegroup. 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 Kids' Club**

Kindle, our fortnightly Friday night club for primary school aged children, is due to take place this month on 10th and 24th November, 6–7pm. To find out more, contact Becca (youth@penrallt.org).

◇ **Men's Breakfast**

Our men's fellowship group meet once a month for food and friendship at Ian Ablett's home in Caernarfon. The next breakfast will be on Saturday **November 25th**, from 9am. The food is free and freshly cooked; the friendship will be warm and we will give thanks to God for all His blessings. All men are welcome. Full cars are best; let us know beforehand for numbers and transport – if you can offer or if you need a lift. Contact the office (office@penrallt.org) or Ian (ian.ablett@open.ac.uk; 07759 718931) for more details.

◇ **Open The Book**

Volunteers urgently needed. Another local primary school has asked the churches in Bangor to provide an Open the Book team to come and share Bible stories with children. As invited guests in school, storytelling teams use the *Open the Book* programme to prepare and present a 10–15-minute scripted Bible story to a school assembly, involving the children as much as possible. This is a fantastic opportunity to share Bible stories with children who would otherwise never hear them. For more information see <https://www.biblesociety.org.uk/get-involved/open-the-book/> and speak to Sarah Jackson or Magnus.

◇ **Penrallt on Facebook, Instagram 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, and now also an Instagram account:

- www.youtube.com/@penralltbaptistchurch
- www.facebook.com/penralltbc www.facebook.com/penralltyouth
- www.instagram.com/penralltbaptistchurch/

◇ **Pastoral Help**

If you have concerns 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).

◇ **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).

◇ **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 available throughout this time 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. 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 drop in and see for yourself.

◇ **Soul Sisters (Women's Fellowship)**

There will be no meeting in November as we will be busy organizing the Christmas Fayre on November 18th (see above). Susan Burt has kindly offered to do a rota of helpers, so please email Susan if you are able to assist.

Our December meeting on Saturday 9th December is a lunch at the Four Crosses, Menai Bridge at 12pm, where we will have a separate room. The meals can be selected from the standard menu (Website) or the Christmas Menu. To assist the catering, we have been asked to provide our choices before 4th December. Please contact Averil for menus/choices 01248 421744. A warm welcome is extended to all ladies.

◇ **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.

◇ **University Remembrance Service**

John will be leading the Remembrance service for Bangor University on Friday 10th November in the Main Arts quad (or the Main Arts Lecture Theatre in the event of bad weather). This will be a 15 minute service, starting at 10:50am. All welcome.

◇ **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 service). Ignite, a social evening with games and activities, is open to all. 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...

Chris and Anna Hembury

Serving with Hull YFC via the Church Mission Society

Chris and Anna live in the Boulevard area of Hull where people are known for their no-nonsense attitude and honest vulnerability, an area suffering from high unemployment, child poverty, addiction, mental and physical health problems, prostitution and increasing racial tension. People feel a crippling lack of self-worth. But it's an area full of buried treasure, untapped potential and dormant creativity.



Chris and Anna are part of the Hull YFC team. They are involved in supporting children, young people and families, through activities such as youth club, breakfast club, after school club, annual summer camp, natural detached' (otherwise known as walking about in the neighbourhood so they can "bump into" people), assemblies, weekly community meal, Matt's House, community garden, one to one, support for the local Church and other charities, working with people in addiction and women involved in street prostitution, bible studies, discipleship. Not to mention the form-filling, court / housing / safe-guarding case conference / council office -accompanying and the incalculable "cuppa and a chat"s.

In particular, Chris and Anna support the group who are living in Matt's House, a house for mission and serving the local community. Anna also helps run Orts, a sewing collective where women from all walks of life can support each other, learn and create together. Ort is an old English word for leftover scraps (usually food). Orts is proving to be a place of healing in a gentle yet profound way, and the prayer time is an unmissable start for some. The massive renovation of the space has also meant that more and more use is being made of it outside of the Orts day, with youth club, Circuit Breaker breakfasts, and other ad hoc gatherings now also regularly held there.

Circuit Breakers is a post-Covid development led by Chris. It's a fitness activity for men, consisting of present and past youth club members, asylum seekers, refugees, as well as some guys in ministry and other jobs. Together they train, eat, share their week and reflect on a Bible passage, which is really like a thought for the day that anyone can bring. Their time together is many things: it's fitness, it's encouragement, it's about their relational, spiritual and mental health.

For more information, please see:

churchmissionsociety.org/people-in-mission/anna-and-chris-hembury-britain/