



Newsletter: October 2023

I am a Human Being not a Human Doing

In our series 'Who am I?' we've been looking at our Christian identity. This is a busy time of year for many people. With work back in full swing after the summer holidays, with children starting school or students starting university. It's good to be busy and productive. It's good to be involved in the mission of God through the church. We also need to pause and remember who we are. To remember where we obtain our sense of worth.

Jesus had not done any significant ministry at the point that he was baptised. No recorded healings, miracles, or teaching. It was at this point that God says to Jesus, 'You are my Son, whom I love; with you I am well pleased.' (Mark 1v11) Jesus had simply been obedient to God and was working and walking in relationship with him.

We too are of value to God primarily because of who we are, not what we produce. Work is good. Ephesians 4v28: It's good to do something useful, and also to be able to generate income so that we can help others. Productive, healthy work (and rest) was in God's perfect world before the fall. Some of our identity does inevitably come from our job because it dictates how we spend our time and gives us skills and experiences. We are part of the body of Christ and gifted with different talents and abilities to serve the church, and we are called to do that so that the work is shared fairly among us all. However, our primary worth and identity is in the fact that our heavenly father loves us.

So remember that you are a human being not a human doing. And let's remember that others are human beings rather than human doings too! Value them as people too.

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). *Please note that the office will be closed between 3rd and 6th October when Magnus is on annual leave.*

Deadline for next month's newsletter: Tuesday 24th October.

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

Street Pastors Commissioning

You may have heard on the grapevine that there was due to be a commissioning service for new Street Pastors (our own Jan and Inma) at Emaus on Friday 13th October. This was indeed the case but the service has now been postponed — hopefully it will still be before Christmas but a new date has not yet been set. Please watch this space for more information, and please pray for the work of Street Pastors in Bangor and around the world.

Children's Birthdays in October

10th: Ryan Isiakpere, Caleb Monjolaoluwa, Maxwell Olowashindara

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 1st October

All-age harvest service led by John Thompson, Wendy Lemon & Becca Williams.

Sunday 8th October

How much is He worth? Zechariah 11:12, 13; Matthew 26:14–16.
Preacher: Donald Poirot

Sunday 15th October

Christian Identity: I am a temple of the Holy Spirit.
Preacher: John Thompson.

Sunday 22nd October

Christian Identity: I am a citizen of heaven. Philippians 3:4; Hebrews 13:14.
Preacher: Magnus Forrester-Barker.

Sunday 29th October (Communion)

Preacher: Claire Bedford (BMS).

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 8th October

Traditional service.

Sunday 15th October

Prayer meeting with communion.

Sunday 22nd October

Prophetic service.

Sunday 29th October

Café service (this will be in the hall, with refreshments).

◇ **Alpha**

Our latest Alpha course at Penrallt started on Monday 25th September and will run on Monday nights for 12 weeks (with an away day in November). If you missed the first session you can still join within the next two or three weeks (after that it would be difficult to catch up on missed material).

◇ **Church Lunch and Fellowship Events**

Our monthly church lunch and fellowship events take place on the first Sunday of the month. For the lunch, please bring a plate of finger-food (enough for yourself and one or two others so we have plenty for visitors). The fellowship event on 1st October will be a walk from Penrhyn Docks in Bangor. For more information or to request or offer a lift to the start point (about 30 minutes walk from Penrallt), please contact Jenny (fellowship@penrallt.org).

◇ **Church Members' Meeting**

Our next church members' meeting will take place on Tuesday 10th October at 7:30pm in the chapel and on Zoom. Further details will be emailed to church members soon. For more information about the meeting or to find out more about church membership, please speak to John (minister@penrallt.org) or Jan (secretary@penrallt.org).

◇ **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.

The non-perishable items from our harvest display on 1st October will be split between these two foodbanks.

◇ **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 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.

◇ **Joyful Environmentalist**

We are invited by Holyhead Cytûn to "The Joyful Environmentalist", an evening with Isabel Losada at St Mary's Church, Holyhead on Saturday 7th October at 7pm. This event is free but tickets must be booked on [eventbrite.co.uk](https://www.eventbrite.co.uk) (searching for Joyful Environmentalist should turn up the right page, or just click on the link if you are reading the PDF version of this newsletter).

◇ **Kindle Kid's Club**

Kindle, our fortnightly Friday night kids' club, is due to take place this month on 6th and 20th October. To find out more, contact Becca (youth@penrallt.org).

◇ **Light Party**

Penrallt's alternative to Halloween parties, **Tuesday 31st October, 4:30 – 6:30pm**. A free family event with activities for those in primary or secondary school (accompanied by a responsible adult), including pumpkin carving, other crafts, games and food. Wear bright clothes but no Halloween costumes, please. Book places and find further details at Eventbrite (<https://tinyurl.com/yx3f4tta> or scan the QR code). For more information, or to offer to help, please contact Wendy Lemon (wendylemon@icloud.com).



◇ **Men's Breakfast**

Our men's fellowship group is relaunching in a new format, meeting on occasional Saturdays for food and friendship at Ian Ablett's home in Caernarfon. The first two dates are **October 7th and 28th**, from 9am. The food is free and freshly cooked; the friendship will be warm; we will give thanks to God for all His blessings and collect a donation for the Bangor Foodbanks. All men are welcome and bring a friend. 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 Neil Rymer (neilrymer@btinternet.com; 01248 713003) or Ian (ian.ablett@open.ac.uk; 07759 718931) for more details.

◇ **Mission Prayer Meeting**

The Penrallt mission group will be meeting on Zoom at 7:30pm on Wednesday 25th October to hear updates from our mission partners around the world and to pray for them. Please contact the church office for the Zoom details.

◇ **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 assemblies 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, 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)**

Our next meeting is on Saturday 14th October at 10:30 – 12:00 in the Canolfan (Penrallt's rear hall). We will be celebrating World Food Day and ask if you could bring a small plate of food from a Country to share with one another. The theme for 2023 is 'Water is life-water is food. Leave no one behind'

A warm welcome is extended to all women including family and friends. Please contact Averil Francis (tel. 01248 421744; email: treasurer@penrallt.org) if you require more information or would like a lift.

DATE FOR YOUR CALENDARS: Saturday 18th November — Coffee Morning / Christmas Fair. More details to follow...

◇ **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.

◇ **Tearfund Big Quiz**

Canolfan Penrallt (our rear hall), **Saturday 7th October at 7pm.** Get your thinking caps on and save the date. Invite friends and family and test your general knowledge skills against one another. More details in our Focus article at the back of this newsletter.

◇ **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...

Tearfund Big Quiz

Saturday 7th October at 7pm



Penrallt is excited to be joining churches across the country again in hosting the BIG QUIZ NIGHT. This year's quiz will in the Rear Hall and Averil will be your Quiz Master.

See this short Big Night Promo: <https://vimeo.com/857162733/54b452399e>.

Get your thinking caps on and save the date. There will be eight rounds and there are some interesting round names this year! — 2022 Quiz, Arts and Culture, A Link to the Past, Nature Myth-Busters, Flags of the World, General Knowledge: Are you a cat or dog person?, Food and Drink, and a Sporting Choice. A few hints there if you wanted to do some homework.

Invite your friends, family to join us for an epic evening of poverty-beating, community-building fun — it would be fabulous to get a wide range of attendees. We will have hot drinks and cakes available.

In previous years Tearfund have suggested a donation of £5 per person. Appreciating that cost of living has increased please consider your own individual circumstances as to what to donate, whether you feel you are able to give more, or indeed please do not let entry donation be a limiting factor as we would love everyone to feel able to come.

Please donate directly to Tearfund: www.justgiving.com/page/averil-francis-1694968662675 and if you are not able to join us please do feel free to donate as well!!

If you have any questions, require further information or need a lift, please contact Averil via email (treasurer@penrallt.org). Look forward to quizzing again with you.