Newsletter: October 2025

Wisdom, enlightenment and enrichment

We welcome students to Bangor. They bring a richness of diversity of people from different backgrounds, different countries and different cultures. We celebrate this at Penrallt and are enriched by this as we journey together in Christ Jesus. As we journey with other Christians from many backgrounds, countries and cultures, we see how much it means to them to know the same Jesus we know. We see how much it means to them to follow the teaching of the same Bible that we have. We see and hear how the love and the light of Jesus and the work of the Holy Spirit is transforming them, inspiring them and enlightening them and giving them hope for today and for eternity. Our community is enriched and enlightened by weaving together all of our complimentary expressions of Christian worship, Christian spirituality and Christian fellowship. All of us are uniquely and beautifully created by God and have something to bring.

We also have a wonderful opportunity to reach out to people from other philosophies and other religions. From other perspectives and ethical frameworks. Jesus did this beautifully when he reached out to a Samaritan Woman. With divine insight and wisdom, Jesus reached out to someone who would have been ostracised by the majority of his own people. He reached out with a message of hope and presented the opportunity to be reconciled to God. She was inquisitive and receptive and gradually allowed Jesus to begin the process of healing for her and for her hurting heart. He then died on a cross so that anyone who responded in repentance to the loving invitation of God could find forgiveness for sin and be reconciled to God. Paul reminds us as he writes to the Corinthians that his preaching always focussed on Christ crucified.

Tragically the cross has recently been used by some as a symbol of cultural or racial division. Nothing could be further from the truth. In John 12, Jesus speaks about the cross saying "when I am lifted up from the earth, I will draw all people to myself". There are 2.4 billion Christians today all across the world drawn from a multitude of different nations and cultures.

So we continue to celebrate God together. To build one another up in the love of Jesus. And as we continue to be transformed by the Holy Spirit living in us, we reach out to all with the love of Jesus and the opportunity of reconciliation with God.

Blessings,

John

Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU
www.penrallt.org

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Administrator: Magnus Forrester-Barker; 07934 231788; 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 5th October
All-Age harvest service led by Revd. John Thompson.
There will be a display of non-perishable food items that will later be donated to the local foodbanks. *If you would like to contribute items for the display, please drop them in to the building on Thursday 2nd October between 10am and 5pm or bring them to the service.* This service will be followed by our church lunch and fellowship walk (see below).

Sunday 12th October
Building on the foundation of Christ 1 Cor. 3:1–15
Preacher: John Thompson.

Sunday 19th October
You are God's temple 1 Cor. 3:16–23
Preacher: Andy Lewis.

Sunday 26th October (Communion)
Releasing, resourcing and encouraging leaders 1 Cor. 4:1–21
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.*

Evening Services

Evening services usually start at 6pm and last around an hour; unlike our morning services, they are not normally recorded or broadcast on Zoom. There is no evening service on the first Sunday of the month, when we have our fellowship walk in the afternoon. Evening services for the rest of October are:

Sunday 12th October
Romans #10a. Service led by Peter Jones.

Sunday 19th October (Communion)
Romans #10b. Service led by Peter Jones.

These two services will conclude the Romans video series by Andrew Ollerton, but you don't need to have been to previous sessions to benefit from them.

Sunday 26th October at Caersalem (7pm; refreshments served from 6:30pm)
Codi Mawl — A bilingual (Welsh/English) service. See below for details.

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 October

◊ **Bangor Youth For Christ Prayer Meeting: Wednesday 1st October, 7pm**

We will be hosting a prayer meeting, led by Bangor YFC Centre Director Grace O'Boyle, at Penrallt. This is a space for us to come together across churches, backgrounds, and generations to pray with one heart and one purpose: to see the lives of young people in Bangor transformed by the love of Jesus. All are welcome.

◊ **Renew 57: Every Thursday, 10:30am–12:30pm**

Renew 57 is a space for the whole commmunity, on **Thursday mornings, 10:30am to 12:30pm in Canolfan Penrallt** (our rear hall/community centre), free of charge (including refreshments). 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) or drop in and see for yourself.

◊ **Pathways: Saturday 4th October (and 8th November)**

Penrallt is hosting the North Wales hub of the Pathways training course run by Cardiff Baptist College. The next module is *Pathways into Worship*. It comprises two sessions, on Saturday 4th October and Saturday 8th November. It is necessary to book in advance (and pay) to attend these sessions which can be attended on a 'per module' basis. For more information or details of how to register with the College, contact John Thompson (07931 150697).

◊ **Bring and Share Lunch and Fellowship Walk: Sunday 5th October**

Our harvest service on Sunday 5th October will be followed by a bring and share lunch. Please bring cold buffet-style food that can be eaten with your fingers (e.g. pizza, quiche, sandwiches, cakes or sliced fruit).

After lunch we will have our monthly fellowship walk as usual. This month we will be walking from Penrhyn Marina (on the outskirts of Bangor) along the coastal path. Please contact Jenny (fellowship@penrallt.org) for more information, or to request or offer a lift.

◊ **Cylch Penrallt Tots: Monday afternoons**

This is our group for pre-school children and their parents/carers, running during the school term on Monday afternoons from 1 to 2:30pm. £1 per adult (with up to 3 children). Toys, fun play and activities. Snack, tea and coffee. Songs for tots in English and Welsh. Come along for a good space to safely play, to have fun, and to enjoy some good company together. *Note that it will not be running on Monday 27th October as that is in the half-term holiday.*

◊ Church Members' Meeting: Wednesday 8th October, 7:30pm

The next meeting for church members will take place in the building and on Zoom on Monday 8th October. If you are a church member and have not received email notification of the meeting, please contact Magnus (office@penrallt.org) to ensure that you receive the papers that will be circulated before the meeting.

If you are not a church member and would like to know more about membership, please speak to either John (minister@penrallt.org) or Jan (secretary@penrallt.org).

◊ NWBA Impact Weekend: Friday 10th – Sunday 12th October

Please pray for our young people (and their leaders) as they head off to join with others from across the region for the North Western Baptist Assocciation's annual youth weekend away.

◊ Soul Sisters: Saturday 18th October, 10:30am

Soul Sisters is Penrallt's women's fellowship group, that meet once a month for a varied programme of activities. This month the meeting will be held in Canolfan Penrallt (our rear hall) and the speaker will be Siân Whitton, who will be talking about Sign Language. All ladies are very welcome. For further details please contact Averil (francishac3@aol.com) or Ellie.

◊ Men's Breakfast: Saturday 25th October

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) for details, to check the date and venue, or to offer or request a lift.

◊ Codi Mawl: Sunday 26th October, 7pm at Caersalem

Over the past year we have enjoyed a number of bilingual worship evenings hosted jointly between Caersalem (Caernarfon), Goleudy (Gaerwen) and Penrallt, with a number of people from other churches joining us for powerful times of praise and prayer. The next one will be hosted at Caersalem (22a Stryd Garnon, Caernarfon, LL55 2RB) on the evening of 26th October, in Welsh and English. Refreshments will be served beforehand from 6:30pm and translation facilities are available for those who do not speak Welsh.

◊ Praying and Prophesying together and for one another — a practical session for Church Members: Thursday 30th October, 7pm, in the chapel

John 10:27 — "My sheep hear my voice, and I know them and they follow me."

A safe, healthy and scripturally sound space for listening to God and hearing from him for each other and for our Church Community. Spend some time in His presence together. Develop your prophetic spirituality and bless and encourage one another and the church as we tune into the voice of our Good Shepherd. For more details, contact Abi Penney (07776 270399)

◊ **Light Party: Friday 31st October, 4:30–6:30pm**

Penrallt's alternative to Halloween parties is a free family event with activities for those in primary or secondary school (accompanied by a responsible adult), including pumpkin carving (for over 11s), other crafts, games and food. We enjoyed last year's superhero theme so much that we are doing it again this year, so come dressed as a superhero. Invite your friends and their families too. There will be a prize for the best dressed superhero. Please book places for your children so we know numbers for catering purposes; to do so, please visit our booking page (https://penralltbc.churchsuite.com/events/1mrcg4fy) or scan the QR code. For more information and to book places, please see our website. To offer to help, please contact Wendy Lemon (wendylemon@icloud.com).

Future Events

◊ **Wedding of Sae and Shoichiro, 22nd November, 1pm**

Sae and Shoichiro will be having a wedding service of blessing at Penrallt to celebrate their marriage, which took place earlier this year in Japan. They would like to invite all members of the Penrallt community to join them. There will be a ceremony and there will then be a celebration with snacks and cakes in the Canolfan from 2-4pm. Please could you respond to the church office (office@penrallt.org) by Sunday 9th November if you are planning to come.

Other Information

◊ **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. 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.

◊ **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.

◊ Giving

We take up an offering during our morning services, or you can use the donations box at the back of the chapel 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 Cathy (treasurer@penrallt.org), who will be able to advise.

◊ Hardship Fund

The church has a small fund to help people in need. If you find yourself in financial difficulty or know someone else who 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 relationships with the Lord and with one another. There are groups on Monday, Tuesday and Wednesday evenings and on Tuesday and Friday mornings, meeting weekly or fortnightly in person, online or as a combination of the two. We also have "contact, care & prayer" to enable people to stay connected even if not in a homegroup. A member of the pastoral care team (see below) would contact you every few weeks to ask how you are and if you'd like to receive prayer support. Please get in touch with the church office if you are not part of contact, care & prayer or a homegroup and would like to be.

◊ Pastoral Help

If you have concerns about your own or someone else's welfare, please contact a member of the Pastoral Care Team: Ian Ablett (07759 718931); 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 the PCT as well.

◊ Penrallt on Facebook, Instagram and YouTube

We have three Facebook groups — *Penrallt* (www.facebook.com/groups/2402772192) is a general group for information and social interaction; *Penrallt Prayer Point* (www.facebook.com/groups/302627593231755) is a private group to share prayer requests and encouragements; you can probably guess the target audience of *Penrallt Students* (www.facebook.com/groups/195300234272943)!

We also have a YouTube channel and a Facebook page (both called *Penrallt Baptist Church*):

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

◊ Prayer Resources

Send prayer requests, thanksgiving and testimonies to our weekly email prayer diary via 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), or Tuesdays in the event of bank holidays. 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.

◊ 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, at most services. This is often at the end of the service, sometimes during communion or at other times; 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, 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. Our Pastoral Care Team 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.

◊ 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 feel free to drop us an email to students@penrallt.org. Also, don't miss our Penrallt Students Facebook group.

◊ Youth

Our mid-week youth group, *Youth.*, is run by Bangor YFC with volunteers from Penrallt, Mosaic and other churches. This runs on Thursday evenings at Penrallt during term-time, from 7pm to 8:45pm, and is open to all youth (11–18). It features games and activities, with a gentle presentation of Christian values and principles. Registration is required, and can be done at https://tally.so/r/n0qO4Z. Note that it will not be running on 30th October as that is in the half-term holiday.

Our Sunday morning youth group, *Deeper*, takes place during the morning service, with the young people (11–17) going out part way through the service to study the Bible and apply it to their lives.

For more information, email us at youth@penrallt.org.

Deadline for next month's newsletter: Wednesday 22nd October. 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.

Open The Book

Taking God's Word into local primary schools

Open the Book is an initiative run by the Bible Society that aims to share Bible stories in primary schools around the UK in ways that will engage the children (and hopefully also the teachers and other staff!) and help them to learn about God and his wonderful love. The teams are made up of volunteers from local churches and there are currently teams in several schools in and around Bangor, including Ysgol Hirael (where both Jenny and Magnus are members of the team; Gwen and Joan B were previously members too), Ysgol Cae Top (where Perpetua is a member of the English language team; they have a separate Welsh language team) and Ysgol Glancegin.

Here are some of Perpetua's reflections from when she started doing Open the Book last year:

When I volunteered to be a part of Open the Book, I did not know exactly what I was taking on. All I knew was that I was going to read God's words to children in school.

My team is made up of 5 sweet ladies (including myself, if you please) and a gentleman (very sweet). We visit Cae Top every fortnight during term time to read and act the Bible story for 15min. We always practice our roles a week before for an hour, making sure to make good use of the space we have effectively and also portray the Bible story as relatable as we can.

For me, stage fright is real, so imagine my first day in school with more than 50 pairs of eyes looking at me with my poor acting skills (I am terrible). For the life of me I can't remember my first part due to nerves on that day. However, I was telling a story that is a wonder to me, and I wanted them to feel that too. And it was just so beautiful seeing the rapt attention and wonder on their sweet faces and eagerness to respond to their own parts in the story, the Bible verse that says "suffer not the children to come to me, for the kingdom of heaven is made for such as these" came to my mind. By the time I was done on my first day, I thought to myself "this must be how the disciples of Jesus felt when they came back from their evangelism excited and happy that they had touched lives!" Stage fright was not remembered anymore and I was looking forward to my next Bible story, as much as the kids.

Open the Book is a platform that allows Gods words to be told to the kids in a way they can understand, with fun and love. The perks is that you get to work with lovely God-fearing people to bring the Bible alive and fulfill your dreams of becoming an actress (winks), albeit for little children! Imagine my shock when a little girl came up to me during our Christmas party and said "I saw you at my school" (I guess I was still with the same hairdo and glasses), but I am a STAR! Whichever way, Jesus is preached to the kids (plus staff) and that is what matters as Paul would say!