



## Newsletter: September 2024

**1 + 1 + 1 > 3 !!!**

The impact of 'The Church' is potentially awesome! It goes way beyond anything that we are capable of as individuals. 'The Church' is an entity in its own right. The Bible tells us that this spiritual entity ('The Church') is established when believers come together and covenant together to serve God as a collective entity together. When they seek His purposes for them together and individually in accordance with His Scriptures with Christ at the head.

Colossians 1v18: "He (the Son) is the head of the body, the Church; ... so that in everything he might have the supremacy."

The Bible says amazing things about the Church. It is the body of Christ with Christ at the head. It is a spiritual building made of spiritual stones. It is the bride of Christ and the love and delight of God. It is the *Oikos*; the household of God. It is the *Koinonia*; the loving caring fellowship of believers. And more.

It can also be a complete disaster. How could that happen? Perhaps it's not surprising with so much weight and expectation. With human failing and mis-understood agendas and subconscious motivations there is inevitably a fragility and vulnerability here too. We must never let 'the thing that can be The Church' become a monster. History is our judge that this can happen too. The Church must foremost be a group of individuals expressing the Fruit of the Spirit: A collection of individuals expressing Christian Love in Christian community.

So we choose love, grace, peace and truth. We are the Church. God loves His Church and The Church is an expression of His Love and a delivery mechanism of His Love to a hurting world. It is a cosmic, spiritual meeting place of the world and the divine. It is something precious, special and beautiful in the eyes of God. What a privilege. What an opportunity.

Blessings,

*John*

Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU  
[www.penrallt.org](http://www.penrallt.org)

Minister: Revd. John Thompson; 07931 150697; [minister@penrallt.org](mailto:minister@penrallt.org)

Secretary: Jan Ablett; 07703 188632; [secretary@penrallt.org](mailto:secretary@penrallt.org)

Treasurer: Cathy Fooks; 07729 892303; [treasurer@penrallt.org](mailto:treasurer@penrallt.org)

Administrator: Magnus Forrester-Barker; 07934 231788; [office@penrallt.org](mailto: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 1<sup>st</sup> September**

All-age *Back to School* service led by Becca Jackman.

### **Sunday 8<sup>th</sup> September**

*Church: Christ at the head*

Colossians 1:9–23

Preacher: Revd. John Thompson.

### **Sunday 15<sup>th</sup> September**

*Jesus is Lord!*

Preacher: Revd. Simon Lambourne.

### **Sunday 22<sup>nd</sup> September**

*Church: Living stones and a spiritual house*

1 Peter 2:4–10

Preacher: Revd. John Thompson.

### **Sunday 29<sup>th</sup> September (Communion)**

*Church: The bride of Christ and Communion*

Revelation 21:1–3

Preacher: Revd. John Thompson.

## ***Service Videos***

Recordings of sermons from morning services (except all-age ones) 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.

## ***Children's Birthdays in September***

23<sup>rd</sup>: Oba Awoyemi

24<sup>th</sup>: Oscar Edwards

29<sup>th</sup>: Mannaseh Sobaloju

## ***Church Office***

The church administrator, Magnus, can be contacted on [office@penrallt.org](mailto:office@penrallt.org) or 07934 231788 during the church office opening hours, 10am – 4pm Monday to Friday, except bank holidays.

*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.*

## **Evening Services**

**Except where otherwise noted, evening services begin at 6pm on Sundays** (not usually broadcast or recorded). There is no evening service on the first Sunday of the month; instead we have our church lunch and fellowship event following the morning service (see below). Services planned for the rest of the month are as follows:

### **Sunday 8<sup>th</sup> September**

Communion service led by Revd. John Thompson.

### **Sunday 15<sup>th</sup> September**

Informal praise and prayer service led by Magnus Forrester-Barker.

### **Sunday 22<sup>nd</sup> September (2-4pm)**

Prayer walk around Bangor, led by Abi Penney and James Goodman. See the website for further details.

### **Sunday 29<sup>th</sup> September (7:30pm)**

Rock Celebration service led by John Thompson and James Goodman.

### **◇ Alpha Course starting in Jan 2025: Help required**

The next Alpha course for Penrallt will start on Monday 13<sup>th</sup> January and run through to the end of March. Peter & Carol Jones have been asked to take a lead in this as they have had some experience of running Alpha and similar courses in the past. A planning meeting is set for Wednesday 11<sup>th</sup> September at 7pm, in the Chapel. If you are interested in helping, please come along to that meeting or contact Peter Jones ([rev.peterjones@outlook.com](mailto:rev.peterjones@outlook.com)). Roles: Prayer, setting up, food, helping with discussions, technology, washing up, publicity.

### **◇ Baptist Leaders' Fellowship**

The next meeting of the Baptist Leaders' Fellowship (BLF) is due to take place on Friday 20<sup>th</sup> September at Prince's Drive Baptist Church, Colwyn Bay with coffee from 10am and a soup and bread lunch afterwards. The session will be led by Tabea Dilling of BMS World Mission and will focus on overseas mission. The BLF is open to anyone who has a church leadership role at any level.

### **◇ CAP Prayer Meeting**

Christians Against Poverty (CAP) invite you to a prayer meeting for the work of the Menai Debt Centre and debt relief in Northwest Wales. This will take place on Thursday 19<sup>th</sup> September, 7-8pm, at Capel Berea Newydd, Bangor, LL57 2AZ.

### **◇ Church Lunch and Fellowship Events**

We will have our usual church lunch on the first Sunday of this month, 1<sup>st</sup> September. Please bring a plate of finger-food to share. After the lunch will be a fellowship walk at the Dinorwic quarries, led by Wendy Lemon. The length of the walk can be changed depending on the weather and who turns up; the general terrain will be firm underfoot but somewhat uneven and with puddles, so it is not suitable for pushchairs. Please speak to Wendy ([wendylemon@icloud.com](mailto:wendylemon@icloud.com)) to find out more details or to offer or request a lift.

### ◇ Flowers

Judith says: “If anyone would like to help me with the flowers they would be very welcome. Similarly, if anyone would like to do some for a special occasion just let me know.” Contact Judith on [judithmbousfield@gmail.com](mailto:judithmbousfield@gmail.com) or 01248 490956.

### ◇ Foodbanks

Bangor Cathedral Foodbank ([www.bangorfoodbank.org](http://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](mailto: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](mailto:sarah.jackson.home@gmail.com)) or John Thompson ([minister@penrallt.org](mailto: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](mailto: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 to Thursday 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.

### ◇ Men’s Breakfast

Our men’s fellowship group usually meet once a month on Saturday mornings for food and friendship at Ian Ablett’s home in Caernarfon. All men are welcome. The next breakfast is due to be on 28<sup>th</sup> September. Please contact the church office or Ian ([ian.ablett@open.ac.uk](mailto:ian.ablett@open.ac.uk); 07759 718931) for more details or to offer or request a lift.

## ◇ Messy Church

We are planning to run Messy Harvest and Messy Christmas outreach events this term (in October and December respectively, on Sunday afternoons) to build on our existing successful Light Party. These will replace the Kindle kids' club that we were running on Friday evenings. Please speak to Becca or John if you are interested in helping or would like to know what Messy Church is!

## ◇ 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](http://www.facebook.com/groups/2402772192))  
a general group for information and social interaction
- \* *Penrallt Prayer Point* ([www.facebook.com/groups/302627593231755](http://www.facebook.com/groups/302627593231755))  
a private group to share prayer requests and encouragements
- \* *Penrallt Students* ([www.facebook.com/groups/195300234272943](http://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 an Instagram account:

- \* [www.youtube.com/@penralltbaptistchurch](http://www.youtube.com/@penralltbaptistchurch)
- \* [www.facebook.com/penralltbc](http://www.facebook.com/penralltbc)                      [www.facebook.com/penralltyouth](http://www.facebook.com/penralltyouth)
- \* [www.instagram.com/penralltbaptistchurch/](http://www.instagram.com/penralltbaptistchurch/)

## ◇ Prayer Resources

Send prayer requests, thanksgiving and testimonies to our weekly email prayer diary via [office@penrallt.org](mailto: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). 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. We are hoping to offer prayer at most services. This is often at the end of the service, sometimes during communion or at other times, but 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 and 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. We also have a Pastoral Care Team who are able to offer a further level of support (see above under *Pastoral Help*). Please don't hesitate to approach John or another member of the Pastoral Care Team; their photos are on the wall at the back of the church.

### ◆ Pre-loved Sustainable Clothes Pop-Up Event

Not long to go now until the big day! Saturday 14<sup>th</sup> September, 10am – 2pm.

Our desire is to bless people with clean, good quality clothes without any requirement whatsoever for any payment; yes, they are totally free! If anyone has a particular desire to donate any money, we will discretely transfer that money to one of the local food banks, simply because our aim is to totally remove any pressure to pay for the items; we had a strong sense that this was on our Father's heart.

The collection of clothing will be suitable for children as well as men and women. For more information, please speak to Abigail Penney ([ap@renovare.me.uk](mailto:ap@renovare.me.uk); 07776 270 399), Averil Francis, Jenny Willis or Cathy Fooks.

Please help us to bless those who are struggling to clothe themselves or their families adequately because of the cost, or need smart clothes for an interview. Thank you.

**PRE-LOVED SUSTAINABLE CLOTHES POP-UP EVENT**

PROVIDING CLOTHES FOR THE WHOLE FAMILY WHERE THERE IS A NEED & SEEKING GOOD QUALITY ITEMS THAT ARE NO LONGER NEEDED BUT CAN BE A BLESSING TO SOMEONE ELSE.

**FREE** BUT YOU ARE WELCOME TO MAKE A DONATION IF YOU WISH WHICH WILL BE GIVEN TO CHARITY

**SATURDAY 14<sup>TH</sup> SEPTEMBER**  
**BETWEEN 10:00 AND 14:00**  
**CANOLFAN AT PENRALLT BAPTIST CHURCH**

### ◆ Renew 57 Weekly Drop-in

Renew 57 is a space for the whole community, on **Thursday mornings, 10:30am to 12:30pm in Canolfan Penrallt** (our rear hall/community centre). 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](mailto:adrieferrada@hotmail.co.uk)) or drop in and see for yourself.

### ◇ Safeguarding Training

We will be running a BUGB Level 2 safeguarding course on Saturday 28<sup>th</sup> September between 9:30am and 12:30pm. Those who need the training for their roles in Penrallt have already been invited, but if you would like to know more about safeguarding, or possibly (spaces permitting) to attend the training please speak to Wendy Lemon.

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

Our meeting in September, we will be supporting and assisting in the "Clothes Pop-Up Event" held in the hall on Saturday 14<sup>th</sup> September 10–2pm (see above). We shall be very grateful if you could assist on the following dates at a time to suit yourself, please contact Averil via email [francishac3@aol.com](mailto:francishac3@aol.com) or 01248 421744 if you could assist for an hour or two.

Friday 13<sup>th</sup> Sept between 16:00 and 20:00 (people are dropping off clothes between these times and they have to be sorted and put out on hangers etc ).

Saturday 14<sup>th</sup> Sept between 8:30 and whenever we finish tidying.

Fliers and numerous contacts have been made with organisations within the community.

### ◇ Students

We love to welcome students as part of our church family. We are hoping to appoint a new student co-ordinator soon but in the meantime you can still email [students@penrallt.org](mailto:students@penrallt.org) as this address will be monitored by Magnus, our church administrator. Also, don't miss our Penrallt Students Facebook group.

### ◇ Tearfund

After many years of excellent and enthusiastic service as our Tearfund rep, Averil Francis would like to hand the role on to somebody else. If you are interested, or would like to know what it entails, please speak to Averil or to Sarah Jackson.

### ◇ Toddler Group

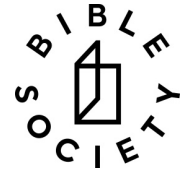
Would you be interested to bring a toddler along to a toddler group? Or come along and help? Please speak to John.

### ◇ Youth: Ignite and Deeper

*Ignite* (usually meeting in the Canolfan at 7pm on Thursdays) is a social evening with games and activities, open to all youth (11–17). *Deeper* (during our Sunday morning service) provides opportunity to find out more about the Christian faith. For more information see our youth website, [www.penralltyouth.org](http://www.penralltyouth.org), as well as our Penrallt Youth Facebook page and Instagram group, or contact our youth worker, Becca Jackman ([youth@penrallt.org](mailto:youth@penrallt.org)).

**Deadline for next month's newsletter: Tuesday 24<sup>th</sup> September.** Please send information to Magnus at the church office. All items should be submitted in writing, preferably by email, as early as possible.

*Focus on...*



# Open The Book

## Taking God's Word into local primary schools

Stories are a very powerful way to communicate information and ideas. It's no accident that telling stories was one of the main methods Jesus used to teach his disciples and the wider crowds. Members of Open The Book teams going into primary schools are following in our Master's footsteps as we share stories from the Bible with the pupils and staff of the schools.

Open The Book is a Bible Society initiative that began in Bedford in 1999 and rapidly spread to the rest of the UK, reaching Bangor around 10 or 12 years ago. There are currently Penrallt people in two of the local teams — Gwen, Jenny and Magnus go to Ysgol Hiracl, while Perpetua is in the English-language team at Ysgol Cae Top. There is also a Welsh-language team at Cae Top and both Welsh and English teams at Ysgol Glancegin. (In case you're wondering, the Ysgol Hiracl team do the story itself in English with a bilingual introduction and conclusion.)

To quote the Open The Book website: "A Bible story well told has the power to spark the imagination, inspire exploration, give hope, create a smile, teach important lessons and connect generations."

[Source: <https://www.biblesociety.org.uk/get-involved/open-the-book/>]

In order to ensure a consistently high level of quality and biblical accuracy, and to enable schools to know what they can expect, all OTB teams are required to use the same material, provided by the Bible Society. From this September we are using a new OTB Storyteller Pack with a fresh selection of stories designed to present an overview of the Bible from Genesis to Revelation, sharing God's truth and love in a respectful and sensitive manner to an audience that includes many people from other faiths and those with no faith. It's a great privilege to be able to do this. As a fringe benefit, it's also quite fun to be walking down Bangor High Street and find yourself greeted by a small child who recognises you from their school, often accompanied by a slightly bemused parent!

The different teams all have slightly different patterns of preparing and delivering their OTB presentations, e.g. the Ysgol Hiracl team go in for a school assembly at 9am on Fridays, usually once per fortnight, and generally practice on Wednesday mornings. This isn't a huge time commitment but all the teams could do with a few more volunteers in order to ensure that we are able to make the most of this opportunity to take the Bible into schools. If you're interested in joining one of the teams, or would just like to be regaled with stories of some of our favourite memories from OTB, please speak to one of the team members mentioned above.

Please pray for the OTB teams, that we might continue to serve faithfully with energy and enthusiasm and clearly communicate the Good News of God. Pray too for our audiences, that they would not just enjoy a nice story once a fortnight but would be drawn to encounter Jesus for themselves.