



Penrallt Baptist Church

Newsletter for April 2013

I've come to the conclusion that I have a serious personality clash in my life which is causing me stress and anxiety. I'll go public and tell you who it's with.

It's my car.

When I bought it I was dazzled by the automatic features: it changes gear automatically, controls the temperature automatically, puts on the lights automatically, and switches on the windscreen wipers automatically. But I've come to the conclusion that for "automatic" read "mind of its own". You see, I never agree with it.

"Why are you changing up a gear now??"

"But I only want the side lights on."

"But it's only spitting. I don't need the wipers."

See what I mean? Personality clash. I'm sure I'm not the only one struggling with this kind of problem. There's probably a whole new market out there for counsellors whose job it is to arbitrate between vehicles and their owners. The two of you cruise into a special workshop tastefully decorated in pastels and soft lighting. You are invited to slip your shoes off and relax into a big leather chair, while your car is jacked up on a felt covered lift, and its wheels removed for comfort. The therapist slides into a swivel chair between you and begins in gentle, concerned tones "Now what seems to be the trouble?"

The car gulps and blurts out "He used to love me when we first got together ..." and it starts to cry.

If a relationship with a carefully engineered lump of Japanese metal is difficult imagine how hard human relationships are. In Penrallt, we've been poring over the life of one of the Biblical patriarchs, Jacob. He lived over 3,700 years ago and his family was pretty dysfunctional, to say the least. So was he, until God got hold of him. It took over 20 years but he finally learned how to relate to the Lord and his life began to change.

To put it bluntly, we all seem to have a personality clash with God. The Bible describes it in various ways: sheep wandering astray, falling short of the glory of God, being blind to the truth, rebellion, stiff-necked, obstinate, unfaithful. Which is strange, because when we drive God away from ourselves we are driving love away. He isn't out to make our lives difficult or to stop us enjoying ourselves. He has our eternal destiny at heart. But we're always questioning him, arguing back, demanding quicker, better treatment. If he doesn't make our world perfect the way we want we moan and bicker.

It's difficult dealing with life and listening to God at the same time, but we need to begin by being honest and admitting that we have a personality clash with

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our maker. Jesus' job was to be the arbitrator between us, leading us into a forever relationship of trust and understanding. "Jesus looked on the crowds and had compassion on them," says the scripture, "because they were harassed and helpless, like sheep without a shepherd."

God bless,
Peter

SERVICES IN APRIL

April 7

10.30am Roger Borlace ***Meeting with the risen Christ*** *John 20:19-31*
(service includes the Infant Dedication of Ioan Stammers)
2.15pm Service in Bontnewydd
6.00pm Communion Service ***God Always Wins: Why it's alright to have nothing left but God*** *Genesis 32:1-32*

April 14

10.30am ***In your hearts Reverence Christ as Lord*** *1 Peter 3:13-17*
6.00pm ***A black mark on a promising spiritual career*** *Genesis 34: 1-34*

April 21

10.30am ***Why Jesus suffered*** *1 Peter 3:18-22*
6.00pm Roger Borlace ***Meeting God Almighty*** *Genesis 35:1-14*

April 28

10.30am Communion Service ***A free-will sacrifice for us*** *1 Peter 3:18*
6.00pm ***An old man heads for Egypt*** *Genesis 46:1-7*

Our Speakers for April

Peter Cousins is the minister of the church. Roger Borlace is a retired Baptist minister, a member of Penrallt.

Faith Café ***April 14, 21, 28***

After church on Sunday evenings we host Faith Café for students, teenagers and other young adults. Starting around 7:15 pm it is an evening of chat, interviews, music and discussions. There is a short programme at around 7:40 after which you are free to leave or stay and chat.

CHURCH LUNCH

We will host a church lunch on **Sunday April 7**. Please bring enough buffet style "finger food" for yourselves and one or two others.

SPECIAL DATES

Wednesday 3	10.30am	Men's prayer meeting followed by coffee in Options.
Monday 8	7.30pm	Church Annual General Meeting for church members
Monday 15	2.00pm	Pastoral Care Team
Wednesday 17	7.30pm	Cytun meeting in Penuel
Thursday 25	7.30 for 8pm	Dave and Cath Woolridge (see below)
Saturday 27		<i>Bible Unzipped Course</i> in Rhos-on-Sea. See below.
Monday 29	7.30pm	Missions team meeting at Sarah Jackson's.

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 (208407)
Wed	7.30pm	HG, The Nomads	Jess & Seamus Adams (421185) Susan Cousins (353878)
Wed	7.30pm	HG, Bethesda	Jon & Deb Stammers (602868)
Wed	7.30pm	HG, Penchwintan Road	David McCormack (07725 028074)
Wed	8.00pm	HG, Grŵp Cymraeg	Owen & Nia Lloyd Evans (352634)
Thu	10.30am	Post-Alpha Bible Study	Sue & Lawrence Moss (713793)
Thu	7.30pm	HG, Llanfairpwll	Sue & Lawrence Moss (713793)
Fri	10.30am - noon	Cheeky Monkeys	Joan Rymer (713003)
Fri	10.30 – 12.30pm	HG, 6 Maes y Dref	Anne Collis (353173) anne@collis66.freeseve.co.uk
Sat	8.30am	Prayer Meeting	

NEWS OF PEOPLE

Children's Birthdays in April:

4th: Natalie Gordon-Roberts **11th:** Samuel Adams

Sue Evans is recovering well from her operation. We did, however, omit to send our condolences to her when her mother-in-law died earlier this year. Our congratulations to **Margaret Griffiths** who has been offered a job back with her old company in Vienna. We shall be sad to see her leave. Thank you for all your hard work in Penrallt, Margaret. Congratulations also to **Hannah Norris** who has been offered a teaching post locally, and to **Dave and Denise Mills** who have recently celebrated their Silver Wedding. **Joyce Daniels** (Janet Gough's mother) has written to thank Penrallt for our support on the occasion of Danny's funeral. **Andrew and Jean Browne** have rung to say that they are settling in well into their lovely flat in Lincoln.

NOTICEBOARD

- ***Men's Prayer Meeting*** ***Wednesday 3 April 10.30am***
The men will meet for prayer as usual, followed by coffee in Options.

- ***Walking Group*** ***Tuesday 16 April 10.30am***
Circular Walk of 4½ miles above Llanfairfechan. Meet at 10.30am at Three Streams Car Park, Nant y Coed Nature Reserve, (turn up at the Traffic lights in the centre of the village, up Village Road then left into Valley Road. Follow Valley Road through the houses and then take the second right with the National Park Logo on the bridge. Follow the road around to the left to arrive at the car park on the left.) For details see http://www.conwy.gov.uk/upload/public/attachments/392/correct_copyright_Llanfairfechan_Upland_WEB_English.pdf
Ascent is about 650ft, and the path goes up to the Roman Road, westwards along this before returning to the car park by way of the North Wales Path.

- ***The Coffee Shop Tour: Dai and Cath Woolridge*** ***Thursday 25 7.30pm***
We are inviting people to the Blue Sky Café on Thursday evening April 25th at 7.30 for 8pm. Dai and Cath are professional actors based in South Wales and long time friends of Penrallt. They are back to bring us an evening of stories, spoken word/poetry slam, live music and much, much more. It will appeal to all, including people who are not regular church goers. They are excellent (did you see Dai's Christmas video which we showed in the Carol Service??), so this is a great opportunity to buy a few extra tickets and bring a friend or two or three. The evening costs £5 a ticket, and the café will be selling its usual selection of drinks and cakes etc.
(*Note to students:* Dai and Cath will be performing the same show in the afternoon for the Christian Union). Only 60 tickets are available. They will be on sale from the Welcome Desk on Sundays or the Church Office in the week from Sunday 7th April .

- ***Bible Unzipped.*** ***Saturday 27 April 9:30am - 1pm***
Bible Unzipped continues monthly on a Saturday morning at Rhos-on-Sea URC. The themes for this term are: The Book of Hebrews, Mission in the 21st Century and the book of Romans.
The course is free, and if you talk to Peter we can probably arrange a lift for you.

➤ **For Students:**

The Student Counselling Service has launched CalmU, a free & confidential web based self-help programme for students and staff providing management strategies for: Depression, Worry, Stress, Insomnia. Visit the Student Counselling Service website to access the link.

➤ **Looking Ahead to May...**

Christian Aid Week, 12 – 18 May

Christian Aid Week is from the 12th to the 18th of May. Penrallt has been allocated more residential streets this year as well as the opportunity to collect on Holyhead Road and outside Morrisons. Therefore we shall be looking for volunteers for a variety of different situations. Also please consider forming teams for Quizaid, a quiz evening to be held in Penrallt on Saturday 18th May. Any offers of help to Susan 01248 353 878.

➤ **Penrallt on Facebook**

100 people are signed up to Penrallt's Facebook site. Join us.

➤ **Homeless in Bangor**

Please do not give money directly to the homeless in Upper Bangor. We have found in the past that it has encouraged aggressive begging on the church premises by people who have a history of violence. You will find brown envelopes in the porch to put your gift in. This will buy vouchers which are distributed by the Cathedral to the homeless.

➤ **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.

Pat Borlace 713146, Judy Stammers 364394 Geoff Moore 410582
Susan Cousins 353878 Helen Thomas 600174

Deadline for next month's newsletter Sunday 21 April

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