



Penrallt Baptist Church

Newsletter: August 2019

What does it mean to be encouraging? As a mother, wife, friend and teacher, this is a question I often ponder. I am constantly amazed by the impact of encouragement – a few kind words at the right moment and I have an extra spring in my step for weeks. The smile that spreads across the face of one of my students when I say I know they can do it, is priceless. When my encouragement helps one of my own children to press on, it feels like everything is worth it. I think it is my job to speak positive words into the lives of those around me. But it doesn't always work out.

I remember once that I tried to encourage a student by talking about her 'potential'. She cried. It turned out that I wasn't the only teacher who had mentioned 'potential' and in her mind it had become another stick to beat herself with. Instead of encouraging her, I had unintentionally reinforced her idea that she was failing. I am more careful about that word now, but the incident also served as a powerful reminder of how much impact the words we say can have. Words said build on top of other words that can either damn or free us. It's the same with what we say to ourselves. I don't know about you, but I am not as conscientious about encouraging myself. Instead, I have always had to battle with self-doubt and feelings of never quite being good enough. The thing that made a stunning difference to me was when a friend pointed out to me that I could fight back. I learned that believing in God also means believing what He says about me. Because of His great love, I am NOT CONSUMED. But I have to keep re-learning it. Every day.

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So what am I saying? I'm saying that the words we say to each other and to ourselves, are powerful. Sometimes we are misunderstood when our intentions are good, but it's still so important to try. My student with 'potential' knew where I was coming from and out of my mistake, came a hard but hopeful conversation. When we lived abroad, amongst people from many different cultures, I used to pray that God would always intervene so that my words were heard as they were meant. But actually I don't think it matters where we are – it's a good prayer. Let's pray it and then ask God for open eyes and ears so that we can speak words of life, not death, and hope, not despair. Let's build up, not break down. Let's encourage one another to hold each others' arms up in the battle, knowing always that the strength is from the Lord.

Trudie Tough

Provision for children during August morning services

Please note that our Sunday schools and crèche will not be running during the month of August as the team are taking a much-needed and well-earned break. The morning services will be largely family-oriented, with material accessible for people of all-ages, but parents of young children are welcome to take them through to the rear hall or crèche during the service if necessary. Please do not leave your children unattended.

Services This Month

Revd. Peter Gordon-Roberts is a retired Baptist minister who lives on Anglesey. Peter and Rachel Calvert are our mission partners working with France Mission in Blois; Rachel is the daughter of Gwen Hicks, one of our church members. Revd. John Thompson is the pastor of Llanelwy Community Church and is our Moderator during our current pastoral vacancy. Revd. Peter Cousins is a former minister of Penrallt, now retired. Bob Woods and Sarah Jackson are both members of Penrallt; Sarah is one of our deacons.

4th August

- 10:30am **A Ransom for Many** *Mark 10:45*
Preacher: Peter Gordon-Roberts
- 6:00pm Communion Service
The Church, the bride of Christ *Romans 7:4*
Preacher: Peter Gordon-Roberts

11th August

- 10:30am **The Wrestler** *Genesis 32*
Preacher: Peter Calvert
- 6:00pm **The Lord is God and you are not.
And why that's good news** *Jeremiah 18*
Preacher: Rachel Calvert

18th August

- 10:30am Family service led by Bob Woods.
- 6:00pm **Embracing what the Spirit is doing in us** *Romans 8:1-17*
Preacher: John Thompson

25th August

- 10:30am Family Communion service led by Sarah Jackson.
- 6:00pm **Everybody wants to Rule the World: Superpowers,
Super-scary Monsters and one Very Surprising
Solution by God** *Daniel 7:1-14*
Preacher: Peter Cousins

Dates for Your Diary in August

Saturdays	8:30am	Prayer meeting in the Twrgwyn Room.
<i>Thursday 1 - Tuesday 6</i>		<i>Church office closed.</i>
Wednesday 7	10:30am	Men's prayer meeting followed by coffee.
<i>Thursday 8</i>		<i>Church office closed.</i>
Saturday 10	1pm	Wedding of Reuben Elliott and Emily Partridge.
Tuesday 13	7:30pm	Monthly prayer meeting in the chapel.
Monday 19	10:30am	Church Walk at Tre'r Ceiri.
Saturday 24	2pm	Wedding of Joshua Elsmore and Shiromini Satkunarajah. All are welcome to attend the service at Penrallt.
<i>Thursday 29 - Monday 2</i>		<i>Church office closed.</i>

Please see later in this newsletter for more about many of these events.

Children's Birthdays in August

9th: Zachary Randall-Jeffries

26th: Reuben Tough

28th: Rees Allen

Deadline for next month's newsletter: Sunday 18th August

Please send information to Magnus (office@penrallt.org; 01248 353355). All notices (including alterations to standing information) should be submitted in writing (preferably by email) as early as possible.

Homegroups

Many of our folk meet in small groups during the week for Bible study, prayer and fellowship. We encourage you to join one of these groups if you are able to. *NB groups do not meet every week – please check with the named contact. All landline numbers below have the 01248 area code.*

Day	Time	Group Name	Contacts
Mon	7:00pm	Delta	Brian Wheatcroft (602516) Pat MacKenzie (670948)
Tue	7:30pm	Nilgiri	Joan Beer (353874)
Tue	7:30pm	Tyddyn Isaf (Menai Bridge)	Magnus Forrester-Barker (717570)
Wed	7:30pm	Nomads	Pat & Roger Borlace (713146)
Fri	10:30am	The Lydias	Freda Birchall (371316) Lesley Jackson (680330)

◇ **Baptism Preparation**

We are intending to run a course on “Christian basics as preparation for baptism” in the autumn. If you are interested, please speak to John Thompson (moderator@penrallt.org) soon.

◇ **Bible Unzipped**

Saturday 21st September 9:30am

This is a theological learning community that meets monthly on the third Saturday morning at Rhos-on-Sea URC Church. Bible Unzipped is entirely free though donations towards costs are welcome. For more information, please speak to Roger Malone or Magnus Forrester-Barker. There will be no session in August but we look forward to a very special morning in September with our guest speaker Rosa Hunt, co-principal of South Wales Baptist College.

◇ **Church Lunch**

There will be no church lunch in August. The next one will be on Sunday 1st September.

◇ **Church Walk**

Monday 19th August 10:30am

We will meet at the lay-by on the B4417 Nefyn Road at the foot of the Tre'r Ceiri footpath, about 1 mile from the junction with the A499 (Grid Ref:378 442). Approximately 5.5 miles and quite steep in places. Bring packed lunch and sturdy footwear. For more information please contact Penelope Williams (penelope.brynalun@gmail.com; 01248 670465).

◇ **Interim Moderator**

During our current pastoral vacancy, Revd. John Thompson, the Minister of Llanelwy Community Church, is serving as our Moderator. In addition to charring members' and deacons' meetings, John will be preaching at Penrallt roughly once a month and will be in the office at times during the week. Usually this will be on Wednesday mornings but the day and time will vary, so please contact either John (moderator@penrallt.org, 07931 150697) or Magnus (office@penrallt.org, 01248 353355) in advance if you would like to arrange a meeting. Please avoid contacting John on Saturdays, except in case of serious emergency, as this is his day off.

◇ **Monthly Prayer Meeting**

Tuesday 13th August 7:30pm

Our monthly mid-week prayer meetings, for the whole congregation, usually take place in the chapel and last about an hour. The next meeting after this one will be on Wednesday 11th September.

◇ **Pastoral Help**

If you have issues of concern about your own or someone else's welfare, please contact a member of the Pastoral Care team: Adrienne Ferrada; Gwen Hicks (353648); Geoff Moore (410582); Helen Thomas (600174); Roshni Verghese (07967 320048).

◇ **Pray for Penrallt Every Day**

We believe in prayer and encourage people to pray. You can send prayer request to our electronic diary via office@penrallt.org (there are also prayer cards in the church porch that you can fill in). Better still, you can receive the prayer diary straight to your inbox every Monday (or occasionally later in the week) by emailing the office now and requesting to be put on the list. For more immediate and interactive sharing of prayers, search on Facebook for *Penrallt Prayer Point* and send a request to join our group.

◇ **Rough Sleepers**

We do not recommend giving money directly to the rough sleepers in Upper Bangor. You will find labelled envelopes in the porch for a gift that will buy meal vouchers which are distributed to the homeless by the Cathedral; this certainly would be a more meaningful form of help.

◇ **Sunday Afternoon Services**

On the first Sunday afternoon of the month we usually take a short service at the Haulfre residential home in Llangoed (near Beaumaris). The service starts at 2:15pm and lasts roughly half an hour. We will be taking a break in August; the next service will be on Sunday 8th September (NB this is the second Sunday of the month!).

Pastoral Care Training

There is an opportunity to attend a brief Pastoral Care training session led by Andy Peck from Waverly Abby House, on Tuesday 3rd September from 12:30 to 3:30pm

This will be in the chapel. The event is open to deacons, home group leaders, Prayer & Care team and any others interested in getting to know the basics of pastoral care. If anyone is interested please contact Roshni (07967320048). Places are limited and will be allocated on a first come first served basis. There is a cost of £10 per head; the church will underwrite this for Penrallt people but any donations from those who are able to give will be really appreciated.

Focus on...

The Calvert Family

Church Planting in Blois (Loire Valley, France)

We are looking forward to catching up with those of you who are in Bangor the week-end of 10th–11th August. Thanks for your support and interest for our work in this part of God's harvest field. It's been a good year. We'll update you on the church plant when we visit, but here's a bit of summer news...

Pete is thankful to God that his first experience of directing a week-long scout camp in July went smoothly. The children seemed to have a great time and to be interacting well with the Bible teaching. Please pray for each of them to learn to walk with Jesus. Two of our girls and three others from Blois were with us, and ten other children from other Christian scout groups. The team of leaders was excellent; although Pete was the director, a couple of them had considerably more experience of that type of camp so we learnt a lot. Pete got lots of experience of scouting skills, crisis management, and hands-on teaching approaches, and Rachel got lots of experience of cooking under canvas!

As I write, we are back in Blois for three nights (meeting up with folk from church for a BBQ / prayer time tonight) then heading off to set up for Interaction 1 Camp, where Pete will be camp director, until 4th August. So if you are reading this on the first Sunday of August, please do pray for the kids as they head home, that the seed of God's Word planted in their lives during camp would not be snatched away or stifled by the worries of life, but would bear lots of good fruit. The 14–18 yr old group (Interaction 2) will just be starting so please do pray for them and their leaders... camp is potentially such a significant time spiritually for so many.

From 7th–19th August we hope to catch up with family, friends and mission partners in the UK. As well as time in Bangor, we'll be visiting Worcester, Norfolk and the London area. We are quite weary... Rachel in particular is wondering if we haven't over-filled the summer somewhat, (have you ever made that mistake ?!!) although Pete and the girls seem to be holding up well! Please pray that we would make time for prayer, rest and strategic planning before heading back into the new term...