



Newsletter: August 2025

A continual concert of the Lord's Prayer

We are looking at the Lord's prayer as our summer theme. I wondered how often someone is saying the Lord's prayer somewhere across the globe. Today there are around 2.4 billion Christians across the world. So if on average each Christian says the Lord's prayer once a week (some might say it 3 times a day, others once every 3 weeks – so we'll use an average of once a week) the Lord's prayer is being said 125 billion times each year. It is being prayed 4,000 times every second. A continual concert of praise, intercession, supplication and declaration!

So at any time, there are...

...thousands of prayers declaring that God loves us and we can know his love. He is the loving heavenly father of billions across the world. All proclaiming that He is so wonderful. And that His name should be honoured, hallowed and praised.

...thousands of intercessions that wars would cease. That kindness, generosity and beauty would be the dominant narrative of life here on Earth. That we would see God's Kingdom come and His will be done on earth as it is in heaven.

...thousands of supplications. Not just for us individually – but for the poor and needy. That everyone across the world would have their needs provided for. That they would have their daily bread.

...thousands of times every second that God is granting forgiveness. People are repenting and being reconciled to him and are finding peace. And so many are asking God for the grace to forgive others too. What waves of beautiful grace are surging around the world at every moment.

...thousands declaring that they will choose good not evil and will resist temptation.

For the kingdom, the power and all of the glory ... are yours now forever and ever and ever ... Amen. Hope you've enjoyed the new Lord's Prayer song too!

Blessings,

John

Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU
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Secretary: Jan Ablett; 07703 188632; secretary@penrallt.org

Treasurer: Cathy Fooks; 07729 892303; treasurer@penrallt.org

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). We are now in our summer service mode, until the end of August. During this time, each service is aimed to last around an hour (communion services may be slightly longer) and we will alternate all-age services with ones in which the 11+ youth stay in for the whole time while the younger children go out to the hall for activities together part way through the service. Crèche facilities are also available for parents to use with their pre-school children if needed.

Sunday 3rd August (All-age)

The Lord's Prayer: What are we asking for?

Preacher: John Thompson.

Note that there is no fellowship event this month.

Sunday 10th August (11+)

The Lord's Prayer: Forgive us, Lead us, Deliver us

Preacher: John Thompson.

Sunday 17th August (All-age Communion)

The Lord's Prayer: Forgive us, Lord, and help us forgive

Preacher: John Thompson.

Sunday 24th August (11+)

Living with the Weeds

Matthew 13:24–29, 36–43

Preacher: Mark Young.

Sunday 31st August (All-age)

Back to School with God

Preacher: Wendy Lemon.

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. We are taking a break from evening services over the school summer holidays and will restart in September.

Other Events in August

♦ Bangor Youth For Christ Prayer Meeting: Wednesday 6th August, 7pm

We will be hosting a prayer meeting, led by Bangor YFC Centre Director Grace O'Boyle, in the Twrgwyn Room 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 community, 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.

♦ Soul Sisters: Saturday 16th August, 10:30am

Soul Sisters is Penrallt's women's fellowship group. All ladies are welcome. This month we will be meeting at Averil's home on Saturday 16th August from 10:30 to noon. We will be discussing the Women of the Bible. If you require directions to Averil's home please email francishac3@aol.com or phone 01248 421744.

♦ Bangor Summer Festival: Saturday 16th August, from 12pm

Bangor Youth For Christ will have a presence in the charity and community booths area at the Bangor Festival, which is located just outside the Cathedral. John and Grace will be there, so please pop in and say hello. If you would be able to help with the general setup of the festival, please get in touch with John (minister@penrallt.org).

♦ Wedding: Saturday 16th August

Please be aware that the church building is out on loan for the day to our friends, Mosaic church. The daughter of their leaders, Kevin and Bryony, is getting married. Just in case you are passing and wondering what is going on! Please also remember them in your prayers.

♦ Men's Breakfast: Saturday 30th August

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; 07759 718931) for more details, to check the venue, or to offer or request a lift.

Future Events

♦ Cylch Penrallt Tots: Monday afternoons from 8th September

Following a successful pilot last term, we are looking forward to continuing our new group for pre-school children and their parents/carers in the autumn. The group will restart on Monday 8th September and will run at the slightly earlier time of 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.

♦ Codi Mawl: Sunday 28th September, 7pm

Over the past year we have enjoyed a number of bilingual worship evenings hosted jointly between Caersalem (Caernarfon), Goleudy (Llangefni) 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 Penrallt on the evening of 28th September, in Welsh and English.

Canolfan Penrallt

When we moved into our current building, around 20 years ago, we launched our community centre, Canolfan Penrallt, to provide a service for and a bridge with our local community.

The Canolfan includes our main hall (where we meet for tea, coffee and a chat after morning services) with a recently refurbished kitchen, as well as the Twrgwyn Room (the smaller meeting room across the corridor from the church office, on your left as you head in to the hall). These facilities are available to hire for a modest fee, with a discounted rate for community groups.

There are several groups (including a choir and two dance groups) that regularly hold their activities in the Canolfan and there is space in our calendar to accommodate standalone bookings from individuals or groups as well as further regular bookings (especially during the daytime, but not on Saturdays as we keep these free for one-off bookings and church events).

If you're looking for somewhere to host an event such as a child's birthday party, or you know a group that is seeking a venue for their meetings, please bear us in mind. See <https://www.penrallt.org/canolfan/index.php> or contact canolfan@penrallt.org for more information.

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 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. *Please note that the Saturday prayer meeting will not be running in August.*

♦ 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

We have just said goodbye to our youth worker, Becca, who is moving down to Gloucestershire to start a new job. After a summer break, our Sunday morning youth group, *Deeper*, will restart in September and continue as before, with the young people (11–17) going out part way through the morning service to study the Bible and apply it to their lives.

Our mid-week youth group, *Ignite*, will be replaced by *Youth*, a group run by Bangor YFC with volunteers from Penrallt, Mosaic and other churches. This will continue to run on Thursday evenings at Penrallt during term-time, from 7pm to 8:45pm. This group is open to all youth (11–18) and will feature games and activities, with a gentle presentation of Christian values and principles. Registration is required, and can be done at <https://tally.so/r/noqO4Z>. The first session will be on 11th September.

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

Deadline for next month's newsletter: Wednesday 27th August. 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.

A Brief Overview

In our newsletter Focus articles we usually shine a spotlight on one of our mission partners each month, but unless you read every newsletter for at least a year and have a very good memory, it may be difficult to see the bigger picture of the mission work that we support around the world. We currently support the following individuals and groups financially and in prayer:

- Claire Bedford: Working with BMS at Guinebor II hospital in Chad, as part of the hospital management team and providing supervision for the pharmacy staff.
- Paul and Sarah Brown: Working with BMS in Thailand, principally in teaching and providing pastoral care to students at the Siloam Bible Institute in Chiang Mai, working closely with the Thailand Karen Baptist Convention.
- Peter & Rachel Calvert: Working in France with Perspectives (Peter) and A Rocha (Rachel). They are in the process of moving to Le Blanc Mesnil, a suburb of Paris, where Peter will be pastoring a church.
- Chris & Anna Hembury: Working in Hull with the Church Mission Society, among some of the most disadvantaged people in their community.
- Colm & Catherine Ó Brolcháin: Working with OM Ireland. They will be retiring towards the end of 2026 but will be continuing to serve the Lord and his Church.
- Mark & Eve Young: Working with the Light House Community, a Baptist Home Mission church on the West Shore in Llandudno, reaching out beyond the walls of their church to those who would never normally step inside a place of worship.
- Bangor Street Pastors: Including several members of our own congregation (currently Andy, Gill, Inma, and Magnus), showing God's love on the streets of Bangor, usually on Friday evenings, through listening, caring and helping.
- Gobaith Môn: Working in secondary schools on Anglesey.
- Bangor Youth For Christ: YFC have a vision for "Seeing Young People's lives changed by Jesus". This is a new work in Bangor which we launched in 2024 in partnership with Mosaic and St John's Methodist. We are hoping that more churches in Bangor will also get involved. This is headed up by Pioneering Centre Director Grace O'Boyle, who is going in to secondary schools and other community spaces and is leading and supporting Christian youth work and mission among the young people of Bangor.
- Bangor University Christian Union: Sharing the gospel with students in Bangor.
- Baptist Union Home Mission.
- BMS World Mission (formerly the Baptist Missionary Society).
- Christian Aid.
- Tearfund.

For more information about any of these, please contact office@penrallt.org