



Newsletter: February 2026

The Compassionate God

It's quite surprising and quite mind-blowing to say that God is compassionate. That he sympathises with us and he is concerned for each of us on an individual level. Compassion is a connection on an emotional level. This is quite surprising if God is the creator and sustainer of the whole world. That's a lot of people to be compassionate about and connected with! He is a very compassionate God.

This, however, is how God reveals himself to us in the Bible. In the book of Exodus, Moses asks God to give him an experience of who he is. God hides Moses in a cleft in the rocks (for his protection!) as the Almighty God 'passes by'. As he passes by, God proclaims his name saying "The Lord, The Lord, the compassionate and gracious God..." Moses already knew many facets of God's character from the experiences he'd had including his holiness at the burning bush, his forgiveness for his past, his help and provision in times of weakness and frustrations, his judgement on the tyranny of Egypt, his power in the parting of the Red Sea, his love and his salvation in rescuing his people, and his majesty in conquering the armies of Pharaoh. But of all these things, God chooses to start by highlighting his compassion. That individual relationship experience that Moses has with God. His relationship with God. This intimacy, and this emotional connection with God, incredibly, is also available to us.

As I think about my Christian journey, I have also experienced each of these facets of God's character. As you think about your Christian journey, perhaps you can testify to this too. How wonderful to start with his compassion.

Blessings,

John

Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU

www.penrallt.org

Minister: Revd. John Thompson; 07931 150697; minister@penrallt.org

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). Children and young people go out part way through the service for Sunday school (primary school / up to 11) or *Deeper* (secondary school / 11 – 18); 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 1st February

Preacher: Andy Lewis.

Colossians 1:15–20

The service will be followed by a fellowship walk (see below for details).

Sunday 8th February

The Greatest Love

Preacher: John Thompson.

Sunday 15th February

Preacher: Peter Cousins.

Philippians 1

Sunday 25nd February (Communion)

The Compassionate God

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. At present evening services usually take place in the Twrgwyn Room; please enter via the side door. There is no evening service on the first Sunday of the month. The sermons for the rest of the month, and continuing until Easter, are based on the book ***Gentle and Lowly*** by Dane Ortlund.

Sunday 8th February (Communion)

The Heart of Jesus: His sympathetic heart

Preacher: Peter Jones.

Sunday 15th February

The Heart of Jesus: The Intercessor

Preacher: Peter Jones.

Sunday 22nd February

The Heart of Jesus: The Tender Friend

Preacher: Peter Jones.

Other Events in February

♦ Fellowship Walk: Sunday 1st February

After our morning service on the first Sunday of the month, we usually have a walk together, weather permitting. On 1st February we are planning to go to Llanfairfechan. Wendy Lemon is organising the walk and says it should take about an hour and a half at a leisurely pace; most of the way is on tarmac but it becomes a grassy route at some points and can have puddles and get a little muddy. It's along the coast and can be windy, so warm clothes are advised. We will be taking a minibus and setting off from the church after the morning service; you're welcome to bring a packed lunch and join us as we eat together before heading out. If you have any questions, please contact Wendy (wendylemon@icloud.com).

♦ Cylch Penrallt Tots: Monday afternoons in term-time, 1pm

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. *Please note that the group will not be running on 16th February, which is in the half-term holiday.*

♦ Alpha: Monday evenings, 6:30pm

Our latest Alpha course at Penrallt started on Monday 26th January and will run on Monday evenings, 6:30–9pm, for 11 weeks with a break over Easter. It is still possible for new guests to join during the first two or three weeks of the course. This is a great way to explore the Christian faith and ask the big questions about life, or to reset your walk with Jesus. Each session includes a free meal, a video and a group discussion. Sign up through the church website. For more details chat to Peter Jones (07906 761181). We had 18 guests on the first week and are expecting over 20 guests to enrol in total. This is a wonderful start to this year's Alpha — please keep praying for us.

♦ Bangor Youth For Christ Prayer Meeting: Wednesday 4th February, 7pm

We will be hosting a prayer meeting, led by Bangor YFC Centre Director Grace O'Boyle, in the Twrgwyn Room at Penrallt (please use the side door to come in, as the university CU will be in the chapel that evening — see our *Focus* article on the back page for more information). 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.

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.

♦ **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 Simon (s.lambourne565@btinternet.com) or Magnus (renew@penrallt.org) or drop in and see for yourself.

♦ **Cytûn AGM: Thursday 5th February, 7pm, at Capel Berea Newydd**

Penrallt is a member of Cytûn (Churches Together in Bangor), along with most of the other Bangor churches. You are warmly invited to their Annual General Meeting, which will take place at Berea Newydd (on Penrhos Road) on Thursday 5th February, starting at 7pm. Grace O’Boyle from Bangor YFC will be there as a guest speaker.

♦ **Soul Sisters: Saturday 14th February, 10:30am**

Soul Sisters is Penrallt’s women’s fellowship group, that meet once a month for a varied programme of activities. This month they will be meeting on Valentine’s Day, so the theme for the morning will be LOVE. Please bring along a cherished item. The meeting will be at Penrallt, starting at 10:30am and finishing at noon. All ladies are very welcome. Please contact Averil (francishac3@aol.com) for more information.

♦ **Messy Church: Sunday 22nd February, 3 – 5pm**

This is a free family event where we will explore our theme through crafts, games, activities and a meal. This time we are looking at the story of Joseph and considering how he trusted God through all the highs and lows that he faced.

The activities are aimed at children aged between 3 and 11, but there is a crèche space for younger ones as well as games that teenagers will enjoy, so bring the whole family! **Please note: all under 18s will need to be supervised by an adult at all times for safeguarding reasons; similarly adults will only be admitted if accompanying children.** To help us with numbers, please register your children for the event at <https://penralltbc.churchsuite.com/events/xaxya2np> or scan the QR code, which will take you to the same page.



♦ **Men’s Breakfast: Saturday 28th February**

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, or to offer or request a lift.

Children's Birthdays in February

5th: Olivia Salako

7th: Afan Hedd Whitton

10th: Daniel Audu, Rosa Tough

27th: Nathan Oluwagbemi

Future Events

♦ Bangor Street Pastors' AGM, Friday 6th March, 7:30pm at Capel Emaus

You are welcome to attend the annual general meeting of Bangor Street Pastors. For more information about Street Pastors, please speak to Andy Lemon or Magnus. As well as new recruits for the street pastor and prayer pastor team, we need to appoint a new treasurer as Inma (who has been doing it wonderfully for the past 9 years or so) has reached the time limit imposed by our constitution and is required to take a break. Please pray that we can find somebody suitable, and please let us know if you think you could take on this role.

♦ Pathways: Saturday 7th March and Saturday 18th April

Penrallt is hosting the North Wales hub of the Pathways training course run by Cardiff Baptist College. It is divided into modules each split across two sessions; the current module, *Pathways into Christian Belief*, concludes on Saturday 7th February. The next module will be *Pathways into Preaching*, taking place in March and April. 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).

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, 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/noq04Z>.

Our Sunday morning youth group, *Deeper*, takes place during the morning service, with the young people (11–18) 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 18th February. 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.

Focus on...

Bangor University Christian Union

Sharing the Gospel with Students

Bangor University Christian Union have a heart to share the Good News of Jesus with their fellow students.

Their main meetings take place throughout the year, often at Penrallt. They also do a number of other activities, including serving toast to students going up and down Glanrafon Hill on a Wednesday evening (which frequently leads to opportunities to chat with them).

In addition to these things, the CU have an event week each year in February, where they run a series of events every lunchtime and evening with a more directly evangelistic focus. This year their event week is running from 2nd to 6th February and, as usual, the main evening meetings will be taking place at Penrallt. They will also be using our hall and kitchen each morning to hold a prayer breakfast for CU members as they pray and prepare for the events and conversations that will be held through the week.

The programme is as follows:

	Lunchtime (12pm)	Evening (7pm)
Monday	Doomscrolling, failed diets and missed deadlines: Why can't I be who I want to be?	My life, my way; does Jesus care about how I live?
Tuesday	Sky-high rent, climate change, and global conflict: Surviving a messed-up world?	Can Jesus offer rest to the restless mind?
Wednesday	Gene-editing, A.I. and evolution: Do faith and science contradict?	My truth, your truth: Does Jesus have the answer?
Thursday	Ridiculous resurrection: How can anyone believe Jesus came back to life?	Becoming a Christian: Is following Jesus really worth it?
Friday		Getting to grips with the Bible: Uncover the life of Jesus in his own words

Please pray for the CU as they undertake this week of events, and pray that many students would be reached and would respond positively to the gospel message. Pray too for the CU as they seek to choose suitable candidates for their next committee.