



Penrallt Baptist Church

Newsletter: July 2019

When I was a child in Sunday School we sang choruses. Today we sing worship songs. Each chorus would be sung twice. Some were intensely meaningful, such as:

*Into my heart, into my heart,
Come into my heart Lord Jesus...*

But this was another:

*I'm H, A, P, P, Y,
I'm H, A, P, P, Y,
I know I am, I'm sure I am,
I'm H, A, P, P, Y.*

I've wondered, recently, where the "spiritual" content lay in this chorus. The word "joy" is used many times in scripture and, even better, "great joy". When announcing the birth of Jesus, the angel said to the shepherds, "I bring you news of great joy". The Good News Bible, in the record of the Magi following the star to Bethlehem, says "How happy they were, what joy was theirs".

Joy is one of the fruits of the Spirit, along with love, peace, patience, kindness, goodness, faithfulness, gentleness and self-control. All positive qualities. Peace brings joy; discord breeds unhappiness.

Jesus blessed His disciples before His ascension and we read that they returned to Jerusalem with great joy.

Isaiah says, and we often sing, "You shall go out with joy and be led forth in peace."

In our spiritual journeys as individuals and as a church, let's take this to heart. Joy is God's gift to us. Let Him lead us on in peace.

Joan Beer

Services This Month

Revd. John Thompson is the pastor of Llanelwy Community Church and is our Moderator during our current pastoral vacancy. The other preachers and leaders are all members of Penrallt.

7th July

- 10:30am **Every one of us shall give an account** *Acts 17:22–31;*
Preacher: Donald Poirot *Hebrews 9:27*
- 6:00pm Communion Service
Jesus – our model for worship *Hebrews ch. 8–9*
Preacher: James Goodman

14th July

- 10:30am **The Samaritan, the Woman, the Messiah**
Preacher: Billie Elliott *John 4:1–26*
- 6:00pm **Love yourself?** *Leviticus 19:18;*
Preacher: Andrew March *1 John 3:21–23*

21st July

- 10:30am Family service led by John Thompson.
- 6:00pm **Living for God** *1 Peter 4*
Preacher: Roger Borlace

28th July

- 10:30am Family Communion service led by Joan & Neil Rymer.
- 6:00pm Service led by Matt & Rebecca Dawson.

Dates for Your Diary in June

Saturdays	8:30am	Prayer meeting in the Twrgwyn Room.
Monday 1	7:30pm	Church members' meeting.
Wednesday 3	10:30am	Men's prayer meeting followed by coffee.
Thursday 11	7:30pm	Monthly prayer meeting in the chapel.
Monday 15	10:30am	Church Walk at Pensarn Station (Harlech).

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

Children's Birthdays in July

- 2nd: Summer Wilson-Williams
- 13th: Cai Davies
- 19th: Katherine Adams / Ben Reid
- 25th: Patsy Bendall Jones
- 30th: Mark O'Malley

Deadline for next month's newsletter: Sunday 21st July

*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)
Thu	10:30am	Llanfairpwll (am)	Sue & Lawrence Moss (713793)
Thu	7:30pm	Llanfairpwll (pm)	Sue & Lawrence Moss (713793)
Fri	10:30am	The Lydias	Freda Birchall (371316) Lesley Jackson (680330)

◇ **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 not be sessions in July or 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**

Sunday 7th July

As usual, there will be a (free) bring and share lunch after the morning service on the first Sunday of the month. Please bring enough buffet-style food for yourself and one or two others. Visitors are very welcome (and are not expected to bring food).

Please note that there will be no church lunch in August.

◇ **Church Walk**

Monday 15th July

10:30am

Beginning from Pensarn Station (south of Harlech, allow an hour to travel and share transport as much as possible as there isn't overmuch parking space) at 10:30am. The walk is largely on little used country lanes so comfortable shoes or boots will be OK, bring a packed lunch and plenty to drink if it looks like being hot. We will visit a famous chapel where a striking picture was based; of a Welsh lady in traditional costume but her shawl seems to tell a different story. More details if required from Andrew March (01286 871630; dtp4you13@gmail.com).

◇ **Interim Moderator**

During our current pastoral vacancy, Revd. John Thompson, the Minister of Llanelwy Community Church, is serving as our Moderator. In addition to chairing 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**

Thursday 11th July 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 two meetings after this one will be on Tuesday 13th August and 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); Lawrence Moss (713793); 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** *Sunday 7th July 2:15pm*

On the first Sunday afternoon of the month we usually take a short service at a local residential home. From June onwards we will be going to Haulfre (in Llangoed, near Beaumaris) every month. The services start at 2:15pm and last roughly half an hour.

Focus on...



*Following Jesus where
the need is greatest*

Tearfund is a Christian charity, called to follow Jesus wherever the need is greatest around the world.

We help communities overcome the worst effects of poverty and disasters. We believe that the same people who face these issues also have the best ideas and how to overcome them.

"The earth is the Lord's and everything in it" (Psalm 24:1). When faced with major global issues such as climate change and pollution it is easy to become overwhelmed. We might say it is not my fault, leave it to the politicians, we might think "who cares if I use plastic bags or buy lots of plastic packaging – I am only one person what difference can I make?". The way we look after the environment is a moral and spiritual issue. What we do in our daily lives does matter – God sees and honours the efforts we make, even if they seem small to us and together we can make a difference.

This month I would like to highlight two projects that we in Penrallt Church could participate in.

1. To beat poverty and injustice we need to tackle waste.

2 billion people in the world's poorest countries are living and working amongst piles of waste because their rubbish is not collected. That is 1 in 4 people on the planet who are drinking polluted water, breathing toxic air and battling sickness. This causes up to a million deaths a year. The waste mountains are growing. It is estimated that each of us in the UK throws away 4000 pieces of plastic each year.

Could you make a pledge and reduce your plastic consumption? Think before you buy food in plastic containers; lobby your MP.

2. Having fresh water and proper sanitation is at the heart of escaping poverty in so many ways.

Change someone's access to these and you transform their whole life. Almost 1 in 3 people in the world – 2.3 billion people – do not have

somewhere safe and hygienic to go to toilet. Worldwide more than 800 children die every day from preventable diseases linked to dirty water and unsafe toilets, that is 1 child every two minutes.

Tearfund has a Twin Your Toilet campaign. By collecting £60 we can twin a toilet in Penrallt or more. I have collection boxes to collect your pennies if you would like to participate please ask me for a collection box. www.toilettwinning.org. £60 provides funding an education process that involves the community building their own latrine.

Averil

Averil Francis is Penrallt's Tearfund Representative, so please speak to her (phone: 01248 421744; email: francishac3@aol.com) if you would like to know more about their work.

STOP PRESS: Run To Beat Poverty

We have just received word from Tearfund that they are looking for runners to join their team to take part in the Bangor 10k and Bangor Half Marathon, races that will take place on Sunday 6th October.

The Tearfund team will be running to raise money to help change the lives of people living in desperate need – like Ruth, from Nigeria, whose children used to beg for food until she learned better farming methods at a course run by her church, supported by Tearfund.

No particular level of experience is needed but if you aren't already a keen runner you'll probably want to start training soon (e.g. using the NHS Couch-to-5k scheme followed by a few parkruns)! To join the team (or find out more) visit <https://tinyurl.com/yxj5w8cd>

You will also need to register for one of the races, which you can do at <https://www.runwales.com/events/bangor-10k/>

If you are planning to take part, please let Averil know (contact details as above) so that she can put you in touch with other runners from Penrallt.

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Office open Mon–Fri 10am - 3pm; *Administrator:* Magnus Forrester-Barker

Secretary: Neil Rymer, 20 Brynteg, Llandegfan LL59 5TY; 01248 713003; secretary@penrallt.org

Treasurer: Stephen Burrows, 39 Cil y Graig, Llanfairpwll LL61 5NZ; 01248 714048; treasurer@penrallt.org