



Penrallt Baptist Church

Newsletter for March 2012

There's no record in the New Testament of Jesus curing someone with dementia. He raised a couple of people from the dead, thus wrecking a few perfectly good funerals. He brought a number of beggars' careers to an abrupt end by sending them home in good health. We presume that the recipients of the miracles were grateful and remained so. But no one with dementia crosses the pages of the New Testament. Even if life expectancy was short in those days you would have hoped that plenty of folk lived long enough to suffer from it and get healed by Jesus, but not a word.

The closest we get to a mention of dementia in the Bible is the whimsical passage of Ecclesiastes 12:1-6 with its description of creaking legs ("the keepers of the house tremble"), teeth dropping out ("the grinders cease because they are few"), and white hair ("when the almond tree blossoms"). It counsels "Remember your Creator in the days of your youth, before the days of trouble come." And rightly so.

The Psalmist looked bleakly towards old age. "Do not cast me off in the time of old age; do not forsake me when my strength is spent," he cried (Psalm 71.9). He needn't have fretted. God has no intention of forsaking us. "Even to your old age and grey hairs I am he, I am he who will sustain you. I have made you and I will carry you," is God's answer (Isaiah 46:4).

Some 750,000 people in the UK live with dementia and the number is expected to double in the next thirty years. Add to that figure those who provide care for dementia sufferers and you realise what a large part of modern life it is. The sufferers may well find themselves forgetting things but we should not forget them. All of us were created in God's image and have worth and dignity. The psychologist Oliver Sacks wrote "A man does not consist of memory alone. He has feeling, will, sensibilities, moral being ... matters of which neuropsychology cannot speak. And it is here, beyond the realm of an impersonal psychology, that you may find ways to touch him, and change him." God is still there even if our memory dims. We all need to be cared for at the beginning and at the end of life. Such is the human condition.

The Chaplaincy Team at Bangor University decided it was time to find out more, so we have invited Professor Bob Woods to deliver this year's Chaplaincy Team Lecture. He is Professor of Clinical Psychology of the Elderly and, of course, a member of our church. Please do come along to his lecture "Spirituality in a Strange Land: Alzheimers and Caring" on Thursday evening 22nd March at 7pm in the Main Arts Lecture Theatre (in the main building on College Road).

Minister: Revd Peter J. Cousins, 135 Penchwintan Road, Bangor LL57 2YG (01248 353878)

Secretary: Neil Rymer, 20 Brynteg, Llandegfan, Menai Bridge LL59 5TY (01248 713003)

Treasurer: Stephen Burrows, 39 Cil y Graig, Llanfairpwll, LL61 5NZ (01248 714048)

Church Office: 01248 353355; **Email:** office@penrallt.org; **Website:** <http://www.penrallt.org>

Blessed are they with a cheery smile
who stop to chat for a little while.
Blessed are they who never say,
'You've told that story twice today'.
Blessed are they who know the ways
to bring back memories of yesterdays.

From 'Beatitudes for friends of the aged' by Esther Mary Walker (1911-2005)

God bless,
Peter

SERVICES IN MARCH

Morning Services are on the theme of Spiritual Disciplines for Ordinary People.*

March 4 GIFT DAY

10.30am The Discipline of Confession

The Danger of Locked Doors

Romans 13:11-14

2.15pm Service in Bontnewydd

6.00pm Celtic Style Communion Service ***Growing a Kingdom*** *Mat 13:1-43*

March 11

10.30am Speaker: Andy Wilson from Tearfund

6.00pm Speaker: Andy Wilson from Tearfund

March 18 Mothering Sunday

10.30am The Discipline of Listening to God

Hearing God's Voice

1 Samuel 3:1-24

6.00pm ***God's Kingdom, My Treasure***

Mat 13:44-58

March 25

10.30am Communion Service. The Discipline of Secrecy

Speaker: Neil Rymer

6.00pm Speaker: Elaine Green. ***The quiet before the storm*** *Mat 14:1-34*

**The Life You've Always Wanted.*

We are doing a thirteen part study on Spiritual Disciplines for Ordinary People, based on the book by John Ortberg *The Life You've Always Wanted*. It is on sale from Amazon for about £6. The Home Groups are following the studies in the book.

Our Preaching Team for March:

Peter Cousins is the minister. Elaine Green is a Penrallt church member, coming to the end of a bachelor's degree in Theology through the Baptist College in Manchester. Andy Wilson is a Penrallt church member, but now living in London and working with the Christian organization Tearfund. Dr. Neil Rymer is Penrallt's Church Secretary. If you want to know what a Church Secretary in a Baptist church does, ask him. You will be surprised how much is involved.

CHURCH LUNCH

We will host a church lunch on **Sunday March 4th**. Please bring enough buffet style "finger food" for yourselves and one or two others.

Faith Café

Faith Café, which takes place after the evening service, is for students and young adults. Starting around 7:15 pm it is an evening of chat, interviews, music and discussions.

SPECIAL DATES

Wednesday 29 February		10.30am Men's Prayer Meeting. (Note: this is March's meeting!)
Friday 2 March	2.30pm	Women's World Day of Prayer at St. John's
Sunday 4		Gift Day: When we bring a love gift for our sister church, Penuel.
Tuesday 6		Start of the course <i>Living Life to the Full With God</i>
Saturday 10	7.30pm	Barn dance in aid of Tearfund.
Monday 12	7.30pm	Deacons' Meeting
Wednesday 14	7.00pm	Training for youth and children's workers in Berea Newydd
Saturday 17	7.30pm	Men's (ginger) beer & skittles (see 'Noticeboard')
Wednesday 21		Lecture by Dr. James Fleming in Llandudno (see below)
Thursday 22	7.00pm	Annual Chaplaincy Team Lecture in Main Arts Lecture Theatre. Speaker: Prof. Bob Woods
Saturday 25		Clocks go forward.
Monday 26	7.00pm	Cytun meeting in the Diocesan Centre

Gift Day

Sunday 4 March

On April 1st our sister church, the Welsh language Penuel Baptist Church in Bangor will be celebrating its bicentenary. This is a remarkable celebration and we have decided to mark the occasion by giving them a love-gift of £10,000 to refurbish their rather jaded kitchen facilities. To this end we will be holding a Gift Day in March to raise this sum. Please place your offering in the envelopes provided. You may Gift Aid your donation if you wish (please do, if you can!)

Living Life to the Full with God: Course begins on Tuesday 6 March

Course Leader: Dr Paul Hebblethwaite

This life skills course was originally designed to help those that are suffering with mild to moderate depression or anxiety but is also useful to those wishing to improve their pastoral and listening skills. It consists of 8 fun and friendly 90 minute sessions held once per week. Participants are taught how to deal with their feelings about themselves, others (including God), the future and the world when they are fed up, worried or feeling hopeless and learn skills to help them.

This programme has been shown to make a huge difference in individuals' lives and their relationship with God. With the help of a booklet and expert guidance at each session, individuals will be helped to sort out feelings when fed up, down, anxious and remote from God.

Tearfund Barn Dance**Saturday 10 March 7.30pm**

Penrallt and all churches in Bangor are invited to this Barn Dance in Penrallt. All proceeds from the evening will go to TEARFUND. The entrance fee of £5 (£3 concessions) will include a nice pudding, soft drinks as well as tea/coffee. Andy Wilson will give a short presentation.

Training Event for Children's and Youth Workers Wed 14 March 7.00pm

at Capel Berea Newydd. Training event for Children's workers, Youth workers and Sunday School teachers. See noticeboard for more details.

Annual Chaplaincy Team Lecture**Thursday 22 March 7.00pm**

We are privileged to have Professor Bob Woods as a member of our church and we are especially pleased that he has been chosen to give the prestigious Bangor University Chaplaincy Team's Annual Lecture this year. Bob is a world expert on the care of people with dementia, so he has been invited to speak on the spiritual aspect of this.

The title is *Spirituality in a Strange Land: Alzheimer's and Caring*. The Lecture will be at 7:00pm in the Main Arts Lecture Theatre, College Road. Please come and support Bob and the Chaplaincy Team.

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 (716953)
Wed	7.00pm	HG for young adults, Bangor	Danielle Fifield (07849935707)
Wed	7.30pm	HG, The Nomads	Jess & Seamus Adams (421185) Susan Cousins (353878)
Wed	7.30pm	HG, Bethesda	Jon & Deb Stammers (602868)
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)
Thu	7.45pm	HG, Talwrn	Gill & James Goodman (751074)
Fri	10.30am - noon	Cheeky Monkeys	Joan Rymer (713003)
Fri	10.30 - 12.30pm	HG, 6 Maes y Dref	Anne Collis (353173) anne@collis66.freemove.co.uk
Sat	8.30am	Prayer Meeting	

NEWS OF PEOPLE

Nancy Jones is still in Plas Garnedd Residential Home in Llanberis and would love a visit from you. **Hannah Norris** hopes to be back in church as soon as she can drive. **Elaine Peart** has had another spell in hospital and is recovering. We are sorry to say farewell to **Brooke, Seward and Jonah** as they return to the States. It has been a joy to welcome them in Penrallt and we wish them God's blessing.

Children's Birthdays in March

8th: Molly Wheatcroft; **12th**: Nicola Wheatcroft; **14th**: Ted Goodwin

NOTICEBOARD

- ***Men's Prayer Meeting*** ***Wednesday 29 February*** ***10.30am***
The men will meet for prayer as usual, followed by coffee in Options.

- ***Men's (Ginger) Beer & Skittles Evening*** ***Saturday 17 March***
A chance to chill out and play skittles, darts and pool. ***7.30pm***

- ***Walking Group*** ***Tuesday 20 March*** ***10.30am***
Portmeirion

Before the day you should download a token from the Portmeirion web-site (www.portmeirion-village.com). This entitles you to go in for £1 instead of the normal entrance fee of £9. If you have any difficulty with this, ring us on 713146, and we'll help you with it.

Allow an hour to get there from Bangor. As it's quite a distance to drive, please arrange to share cars if possible. We'll meet in the Portmeirion car park at 10.30, then spend a couple of hours exploring the various pathways around the village. We've scouted the area, including pathways away from the official marked routes. There's no climbing or difficult walking, but wear sturdy shoes for muddy paths.

There are reasonably-priced places to eat lunch, or bring sandwiches if you prefer. Then there'll be the opportunity to look around the village itself, take photographs of the Italianate buildings and browse in the shops.

If we leave at 2.30 we should be home by 3.30.

- ***Baptismal Service***
We will be holding another Baptismal Service soon. If you are considering this, would you talk to Peter about it please.

- ***Workshops for Students***
Are you struggling academically because you keep putting work off? There is a workshop to help you with this: Thursday 1ST March, 2-3:30pm in Room TR3, Neuadd Rathbone. For more details check it out on the University intranet or counselling@bangor.ac.uk

➤ **Dr James Fleming**

A seminar by a leading archaeologist on "Recent discoveries relating to the Trials and Crucifixion of Jesus". Wednesday 21st March, 10:15-1:45, Emmanuel Church, Lloyd St., Llandudno. £5. See church noticeboard for leaflet.

➤ **Cyber Impact or WWWhat** **Colwyn Bay, Tuesday 13 March**

- If you can't LOG ON, or download an APP for it, or use it as a status update, or sync it with your tablet.... is it still relevant in 2012? In today's digital world, what are some of the amazing opportunities and challenges for us, as individuals and churches, to STAY CONNECTED with society?
- What impact is the digital world having on us, where is it going next, and will it ever stop?

This CICC (Cymru Institute for Contemporary Christianity) Event should help you to reflect, re-charge and re-assess the impacts social media and digital technology are having on us, our families, and society as a whole. It will also seek to de-code and present some of the new mission 'platforms' available to us.

This is not just for techies and will be communicated in a language you understand. Parents, Pastors, Teachers, Teenagers – and everyone else – welcome! To book on the web site and to obtain a map, click here

<http://t.ymlp201.net/bugadaewsuaragwaxauuub/click.php>.

Presented by Dave Newton, Director of Outreach, and Richard Bromley, Director of Local Ministries, Youth for Christ.

Colwyn Bay – Tues, 13 March at 7.30pm Princes Drive Baptist Church, Princes Drive, Colwyn Bay, Colwyn, LL29 8LA

Please purchase tickets for this CICC event by clicking here <http://t.ymlp201.net/bugadaewsuaragwaxauuub/click.php> and going to the web site.

(NB. CICC policy is to be accessible to all. If, for some reason, you are unable to afford the price of tickets, but would want to attend, please email us at info@cicconline.org <mailto:info@cicconline.org> and we will book you a place).

➤ **Vote for Bangor Students' Union!**

Last year, Bangor SU won The Ecologist Prize for the 'Rubbish Survival Guide' photo campaign, and is once again in the final of the competition, presenting a short film about the beautiful and diverse natural environment of Wales. If you'd like to vote for them, visit

http://www.theecologist.org/NUS/NUS_Green_Impact_2012/1194040/bangor_students_union_communications_challenge_entry_2012.html

➤ **Penrallt on Facebook**

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

➤ **Homeless in Bangor**

We do not recommend giving money to the homeless. Instead, £5 in one of the brown envelopes from the table in the porch of the church (placed in the offering) will buy a hot meal for them through the St. Mary's Hostel scheme. So far Penrallt has contributed £3340 to the fund.

➤ **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:

Geoff Birch 01286 870944 Pat Borlace 713146, Eunice Smith 713296,
Judy Stammers 364394 Geoff Moore 410582

Deadline for next month's newsletter Sunday 18 March

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

FOCUS ON...

Michael Straker

(Relay Worker, Bangor Christian Union)

*"Be on guard. Stand firm in the faith.
Be courageous. Be strong. And do
everything with love."*

1 Corinthians 16:13-14 (NLT)

First off, thank you all so much for your support (prayerfully and financially!). I really appreciate it and know that I wouldn't be able to do this work without it!

As a Relay Worker with UCCF (<http://www.uccf.org.uk/>) this year I have had the chance to study a bit of theology and do a counselling course in Llandrillo. This has been a great for personal growth, but my highlight has been meeting up with students and being able to study with them! It has been a great privilege to be able to discuss ideas and through what we have been learning to see



A little bit of Relay prep...

how we are growing to love God more. I've been able to run a few book groups and one-to-ones with students. I think the biggest surprise was how many students are willing to get up at 7:30am to meet!

The CU has been really active this year with lots of different things happening, including: Open Mic nights, acoustic cafes, Fresher's Week, Foods of the World, Uncover, small groups "Hot Topics," First contact, Global Café, Carol Service, film night , training events, tea and toast, Lost Week, dial a doughnut....

Obviously there is a lot going on so please come and ask more! But I'll just focus on a couple of encouraging things. I was chatting to a street pastor the other day and they mentioned how when they've been out over the Christmas period they were asked if they had any toast - I thought this was great as it shows the CU have a good presence in Bangor and that people are aware we are here. This has been shown in lots of the events that have been run through the year so far. We had a great Christmas Carol Service at Bangor Cathedral with around 300 students in attendance (the biggest one to date I think!). We are also running the Mark Drama again this year on the 19th & 20th March (<http://themarkdrama.com/>) and have a mission's week that has just happened! From 20th - 23rd February the CU ran a lunch bars (addressing the questions students asked during dial a doughnut) and evening talks each day. At the time of writing this 'Lost Week' hasn't happened so please ask the students about it! For more information have a look at the Bangor Christian Union website (<http://www.undeb.bangor.ac.uk/cu/homepage.html>).

Prayer Points:

- For Final year students deciding what to do once they finish their degrees
- For the New Exec who officially take over after Easter
- Thank God for the many blessing we have seen over the year
- Pray that the CU would continue to be passionate about telling students in Bangor about Jesus!

Thanks again!!

Mike