In April 1927, 90 years ago, Cardiff City’s 1-0 win over Arsenal in the F.A. Cup Final was the first and only time that football’s oldest trophy was taken out of England. Also another first happened on that day when King George V, together with 100,000 others, sang the hymn ‘Abide with me’ at Wembley.

Henry Francis Lyte’s famous hymn is now usually relegated to F.A. Cup finals and funerals. Perhaps we modern Christians don’t like the words, which do seem to be full of doom and gloom, except that in the midst of ‘other helpers failing, comforts fleeing, earth’s joys growing dim and change and decay all around’, God still abides with us. Because of God’s ‘presence promise’, “I fear no foe, ills have no weight and tears no bitterness”. Even the grave has no victory.

As I have heard of Christian pastors in prison in Sudan, believers persecuted in middle eastern countries, wars and rumours of wars, refugees in crisis all over Europe and Christians being oppressed in Sri Lanka etc. etc., I have more sympathy with the words of ‘Abide with me!’ Perhaps my eventide is not too far away, which is why change is hard to cope with and the decay in society of my long-time learned and sincerely held beliefs is depressing to say the least. Yet, students of history will tell us ‘twas ever thus.’ Civil war, oppression, religious persecution; the U.K. is not blameless.

A couple in our church, whose identity I dare not reveal, kindly bought me a plaque which hangs proudly on the wall beneath Statler & Waldorf, the grumpy old men from the Muppets, at the side of my study desk. The plaque reads, “Beware, grumpy old people operate in this area”. Perhaps they do, but ‘God is still on the throne and He will remember His own…’ as the old chorus goes. As youngsters we used to sing, ‘God is still on the phone...’ which he is. I understand he’s on the internet too!

I do “need thy presence every passing hour,” and your “grace to foil the tempter’s power.”
I used to write stories about Oldways Baptist Church, Cemetery Road, in the dead centre of Grumpstead. The Pastor was the Rev Oliver Kenneth Rules, known affectionately as Rev Rules OK. Rev Rules’ rather traditional and staid attitudes were transformed by a lady missionary coming into the church called Grace Ann Bounding, known also affectionately as Grace Abounding. Rev Rules was dispirited by the constant grind of church life, the continual carping of members and the world which was on the slippery slope to sin and pain. Grace held up “thy cross” ‘before his closing eyes, which shone through the gloom and pointed him to the skies. Heaven’s morning broke and earth’s vain shadows flew away.’ “In life, in death, O Lord, abide with me.” For Oliver Kenneth the difficulties he had with people and the strain of life itself was transformed as he thought again of Jesus, the cross, the resurrection, and even now Jesus making intercession for him!

Sometimes when grumpy people are operating in my area I remember with thanksgiving hymns like ‘Abide with me’, for we have so much for which to be thankful. We have eternal life through Jesus, a good church family and friends, and a new pastor and family on our horizon.

Psalm 24 v 7: “Lift up your heads, o ye gates; be lifted up, you ancient doors, that the King of Glory my come in.”

Jesus said in John 15 v 4 “Remain (abide) in me, and I will remain (abide) in you. No branch can bear fruit by itself; it must remain (abide) in the vine. Neither can you bear fruit unless you remain (abide) in me.”

As I hope you have gathered by now, I am of the ‘Remain’ lobby (religiously speaking)!!!!!!

Every blessing

Geoff Birch

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**Come and Celebrate!**

We are delighted to invite you to the Induction Service of Rev. Freddy Farías-Palacios as the Minister of Penrallt

at **3pm on Saturday 1st April 2017**

and a light supper afterwards.

**RSVP by 15th March to the church office (office@penrallt.org)**

**NB it is important to get your name on the list if you wish to attend, as space is limited.**
Services This Month

In March we continue our series of sermons in the morning services on the book of James, with titles taken from the commentary by Dr. Raymond Brown. In the evening services we will begin a new series on wilderness experiences in the Bible.

5th March
10:30am Speaker: Joe Moreno
   James #4: Impartial Love James 2:1–13
   In the Wilderness #1: Jesus in the Wilderness

12th March
10:30am Speaker: Geoff Birch
   James #5: Consistent Conduct James 2:14–26
6:00pm Speaker: Donald Poirot
   Exodus 16:1–10
   In the Wilderness #2: Count Your Blessings

19th March
10:30am Speaker: Deb Stammers
   James #6: Controlled Conversation James 3:1–12
6:00pm Speaker: Neil Rymer
   Numbers 14
   In the Wilderness #3: Your days will be numbered

26th March
10:30am Communion Service. Speaker: Geoff Birch
   James #7: Continual Obedience James 3:13–4:12
6:00pm Speaker: Rob Beamish
   1 Kings 19:1–18
   In the Wilderness #4: Elijah on the run

Our Speakers This Month

Joe Moreno is a youth worker with Gobaith Môn, working in schools on Anglesey. Rob Beamish is the Minister of Prince’s Drive Baptist Church, Colwyn Bay. The remaining speakers are all members of Penrallt.
**Dates for Your Diary**

**Saturdays**
- 8:30–9:30am Prayer meeting in the Twrgwyn Room.

**Wednesday 1**
- 10:30am Men’s prayer meeting followed by coffee.
- 7:30pm *Pray For Wales* event at Sure Hope Church, Colwyn Bay.

**Friday 3**
- 11am *Women’s World Day of Prayer* meeting at the Quaker Meeting House in Bangor. All are welcome (men included!)

**Saturday 4**
- All day Alpha Away Day.
- 2pm Memorial service at Penrallt for Andrew and Jean Browne (the service will be taken by Peter Cousins).

**Sunday 5**
- 2:15pm Service at Haulfre residential home in Llangoed (nr. Beaumaris).

**Monday 6**
- 7:30pm Deacons’ meeting.

**Saturday 11**
- 9:30am–1pm *Mission-Shaped Ministry* course at Rhos-on-Sea URC.

**Saturday 25**
- 10:30am Church walk at Criccieth.
- 7:30pm *Connect* event at Penrallt.

**Monday 27**
- 2pm Pastoral Care Team meeting.

*Please see the Noticeboard section of this newsletter for more about many of these events.*

**News of People**

Ellen Wilson is undergoing eye surgery on 6th March and Helen Thomas has a clinic appointment for her eye this month; please hold them both in your prayers.

Congratulations to Andy Lemon, who has been given a permanent appointment as Head of Mathematics at Ysgol John Bright, Llandudno.

**Children’s Birthdays in March**

8th: Molly Wheatcroft       12th: Nicola Wheatcroft       13th: James Howie
14th: Ted Goodwin         15th: John Brindley
**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 not all these groups meet every week. Please check with the contact people to find out when and where they are meeting this month.*

<table>
<thead>
<tr>
<th>Day</th>
<th>Time</th>
<th>Group Name</th>
<th>Contacts</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tue</td>
<td>7:30pm</td>
<td>Nilgiri</td>
<td>Joan Beer (353874)</td>
</tr>
<tr>
<td>Tue</td>
<td>7:30pm</td>
<td>Tyddyn Isaf (Menai Bridge)</td>
<td>Magnus Forrester-Barker (717570)</td>
</tr>
<tr>
<td>Wed</td>
<td>2:00pm</td>
<td>Carers</td>
<td>Carol Morris (208407)</td>
</tr>
<tr>
<td>Wed</td>
<td>7:30pm</td>
<td>Nomads</td>
<td>Pat &amp; Roger Borlace (713146)</td>
</tr>
<tr>
<td>Thu</td>
<td>10:30am</td>
<td>Llanfairpwll (am)</td>
<td>Sue &amp; Lawrence Moss (713793)</td>
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<td>Fri</td>
<td>10:30am–12:30pm</td>
<td>The Lydias</td>
<td>Freda Birchall (371316)</td>
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**Noticeboard:**

◊ **Church Lunch**

This month’s Church Lunch will be on **Sunday 5th March**, after the morning service. Please bring enough buffet-style food for yourself and one or two others. *Please note that due to the Induction Service on Saturday 1st April (including a substantial buffet) there will be no church lunch on Sunday 2nd April.*

◊ **Church Walk**  *Saturday 25th March  10:30am*

Please note the change of day for the March walk – this one is on a Saturday! The walk is easy, circular and approx. 6 miles long over flat or gently sloping terrain on generally well-defined paths. We will start in Criccieth at 10:30 and head west along the Wales Coastal Path towards Llanystumdwy, where David Lloyd George spent much of his childhood and where he is buried. The walk continues through the village, keeping to the wooded east bank of the Afon Dwyfor as far as the B4411 where the route is on the road for about 500yds before turning south. At this point the route crosses fields with soft/boggy patches before rejoining the B4411 and returning to Criccieth where the delights of Cadwaladr’s fare, or other cafés in the town, may be sampled. Good waterproof walking boots are advisable for this walk, and bring a packed lunch. The start in Criccieth will be from the Pay and Display promenade car park (£2 for 8 hours, although there is limited free parking on the promenade adjacent to the P&D park). Please contact Sue or Lawrence Moss (01248 713793) if you have any queries.
◊ **Connect**  
*Saturday 25th March  7:30pm*

We will be gathering to seek God’s face through worship and prayer in the Chapel. Doors open at 7pm; the event itself will start at 7:30pm. All are welcome.

◊ **Induction Service**  
*Saturday 1st April  3pm*

We look forward to the Induction of Rev. Freddy Farias-Palacios as the new Minister of Penrallt and would love as many people as possible to join us to welcome Freddy and his family. Please ensure that your name is on the guest list by no later than 15th March (speak to Magnus or Roshni) as space is limited.

We will be providing a buffet after the service and would be grateful for contributions of a variety of salads to accompany cold meats (we will buy them) and also puddings. Please contact Mari Kelso if you can help with this.

◊ **Mission-Shaped Ministry**  
*Saturday 11th March*

This is a year-long programme to help equip us for sharing the Good News of Jesus with those around us. The sessions will take place on the second Saturday of the month at Rhos-on-Sea URC, in 3-month blocks with a month off in between, and run from 9:30am to 1pm. The course started in January but it is not too late to join in. There is a cost of £45 to cover materials for the year, payable by 11th March, but you are welcome to try a session for free. For more information please visit missionshapedministry.org/northwales17

◊ **News bulletins**

Don’t forget that copies of our newsletters (dating back as far as May 2011) are available on the Penrallt website (www.penrallt.org/news/index.php), along with the current week’s news sheet.

◊ **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: Pat Borlace (713146); Adrienne Ferrada; Gwen Hicks; Geoff Moore (410582); Lawrence Moss (713793); Judy Stammers (364394); Helen Thomas (600174).

◊ **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 on Tuesdays) 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.
◊ **Pray for Wales**  
*Wednesday 1st March*
New Wine Cymru have issued a call to prayer for our nation on St. David’s Day. There will be several organised prayer events, the nearest of which is at Sure Hope Church in Colwyn Bay, starting at 7:30pm. Even if you are unable to make that, please spend some time on 1st March praying for Wales (in fact, that’s not a bad idea on other days too!)

◊ **Retreat Day**  
*Saturday 22nd April 10am–4pm*
Anglesey Prayer Network have informed us of a retreat taking place at St. Dona’s Church, Llanddona, in April. This is a day of learning, meditation and prayer on the theme of *Monks and Moderns: Old habits die hard...?* The cost is £10 per person, including lunch and other refreshments. If you are interested, please contact Richard Adams (01248 490770; richard@gwyneth.net) or James Percival (01248 811793; james@sirpercival.co.uk)

◊ **Rough Sleepers**
The church’s policy is not to give money directly to the rough sleepers in Upper Bangor. Be warned that some of them can be aggressive. You will find brown envelopes in the porch for a gift that will buy meal vouchers which are distributed to rough sleepers by the Cathedral.

◊ **Storage Heaters**
If you could make use of any night storage heaters, please speak to Geoff Birch, who is changing his for something else and would be delighted to let you have them.

◊ **Sunday Afternoon Services**
We visit residential homes in the area once a month on a Sunday afternoon, alternating between Haulfre (in Llangoed, on Anglesey, starting at 2:15pm) and Plas Garnedd (in Llanberis, starting at 2:45pm), usually on the first Sunday. This month we are due to visit Haulfre on **Sunday 5th March** but please check with the church office or see that week’s news sheet to confirm that this is going ahead.

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**Deadline for next month’s newsletter: Sunday 19th March.**

*Please send information to Magnus (office@penrallt.org; 01248 353355).*

*All notices should be submitted in writing (preferably by email) as early as possible.*
Mark & Eve Young  
Working at Hebron School, India

Hebron School is based in Nilgiri, in the state of Tamil Nadu. The school was founded in 1899 to educate the children of Christian workers, and more than a century later it has evolved into an international, co-educational boarding school for children aged 8 years to 19 years. About 10% of the 367 students are day students; 44% of students are Indian and the rest are drawn from 24 different nations. The curriculum leads to IGCSEs and A-levels. The School’s motto remains Deo Supremo (God First)

Teachers Mark and Eve Young, with sons Luke and Euan, are former members of Penrallt’s congregation. They moved to Hebron several years ago. Mark now heads up the Geography department, and Eve leads the department of Modern Languages. The boys are also students at the junior section of the school.

Over the last couple of years visa issues for international staff have created some challenges for the school. A number of the teaching staff are not qualified teachers, particularly in modern languages. The need to provide some training for these staff was recognized and Eve undertook a short course by distance learning last Autumn to equip her to develop a 2 year training programme for the staff. The teacher training is now underway, and Eve is leading the training of 6 Hebron staff. The training has inevitably increased Eve’s workload, and the workload of those doing the training. Although Mark and Eve had originally planned to leave Hebron this summer, they have now decided to stay for an extra year, until June 2018, in order for Eve to complete the training for the first cohort of staff. They will, however, be visiting North Wales this July.

Things for prayer:

- Praise God for the opportunity for staff development through the teacher training programme.
- For the right people to fill the staff vacancies arising at Hebron next academic year, and the search for a new Principal for August 2018.
- For Eve as she continues to train her colleagues.
- For the whole Young family, as they adjust to an extra year in India.
- For wisdom for Mark and Eve as they parent their sons in a cross-cultural community.