



## Newsletter: March 2023

### ***Feeling powerless? Trust that God can use you, and step out in faith***

We have recently noted that it has been a whole year since Russia invaded Ukraine. This feels very sad. There is so much to honour in the resistance of the people of Ukraine, and so much to lament also in the suffering that has been caused and the suffering that continues. The war and the political crisis show few signs of ending. It's easy to feel powerless. However, we can pray. We have seen amazing transformations in our world in our lifetimes. As Christians, we believe in the power of prayer. We believe in hope.

Perhaps we are also feeling powerless in some of our own situations. However, we should never be without hope. In our current morning service series, we are looking at Gideon. Gideon felt powerless in his situation, but he was called by God. He struggled to believe that anyone could make a difference in his situation, least of all him! But he stepped out in faith. He gradually built confidence and continued to be affirmed in his calling by those around him. He continued to step out in faith — and he kept coming back to God to confirm that he was hearing God correctly. God did something amazing through him to save his people. Gideon was far from perfect, particularly as time went on. We can learn from his successes and from his failures, but most importantly Gideon points us to the one perfect saviour.

Praise God for Jesus. He perfectly heard his father's voice. He only ever did his father's will. God worked through him to perform many beautiful and wondrous miracles and healings, to build faith and to teach and to reveal God the father to us. He restored people physically, mentally and emotionally. And most of all he restored people spiritually by dying for us on a cross.

Then he pours out the Holy Spirit upon us. Jesus enables us step out in faith and to follow the individual calling that God has for us. To make a difference — in the name of Jesus and in his love.

Blessings,

*John*

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Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU

Tel: 07934 231788; Email: [office@penrallt.org](mailto:office@penrallt.org); Website: [www.penrallt.org](http://www.penrallt.org)

Office hours: Mon–Fri 10am – 4pm; Administrator: Magnus Forrester-Barker

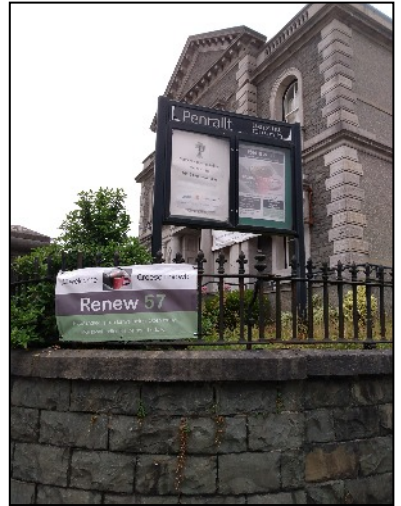
Minister: John Thompson; 07931 150697; [minister@penrallt.org](mailto:minister@penrallt.org)

Secretary: Owen Lloyd-Evans; 07941 612868; [secretary@penrallt.org](mailto:secretary@penrallt.org)

Treasurer: Averil Francis; 01248 421744; [treasurer@penrallt.org](mailto:treasurer@penrallt.org)

## ***Renew 57***

Anyone and everyone is welcome to come to Penrallt on a Thursday morning, where the Canolfan (rear hall) is open from 10:30am to 12:30pm. Bring a hobby to share with someone else, have a cup of tea or coffee and some toast and a chat. There is a separate prayer space (in a different room) available throughout this time for quiet reflection with optional opportunities to be led in short gentle contemplative prayer in the prayer space at the beginning and the end. 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. Please pray for the team. If you'd like to know more, speak to Adrienne ([adrieferrada@hotmail.co.uk](mailto:adrieferrada@hotmail.co.uk)) or Magnus ([office@penrallt.org](mailto:office@penrallt.org)) or, even better, drop in and see for yourself.



## ***Church Office***

The church administrator, Magnus, can be contacted on [office@penrallt.org](mailto:office@penrallt.org) or 07934 231788 during the church office opening hours (10am – 4pm Monday to Friday, except Bank Holidays). **Please note that Magnus will be on annual leave on Tuesdays and Wednesdays throughout March** (though the Wednesday morning prayer meeting will still run as normal).

## **Deadline for next month's newsletter: Sunday 26<sup>th</sup> March.**

Please send information to Magnus ([office@penrallt.org](mailto:office@penrallt.org)). All items should be submitted by email as early as possible.

## ***Service Videos***

Recordings of sermons from morning services are available on our [YouTube channel](#) and our own [website](#). Please contact the [church office](#) if you would like a link to recordings of full services.

## ***Giving***

We take up an offering during our morning services. There is also a donations box at the back of the chapel which you can use 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 Averil ([treasurer@penrallt.org](mailto:treasurer@penrallt.org)), who will be able to advise.

## ***Morning Services This Month***

Our morning services continue to be in a hybrid format, in the building and on Zoom. Please see the website for up to date information about services and a link for the Zoom meeting, as well as recordings of past sermons.

**Morning services start at 10:30am on Sundays.** Children and young people go out part way through the service for Sunday school (Primary school / up to 11) or *Deeper* (Secondary school / 11 – 17); crèche facilities are also available for younger children. For all-age services, the children and young people remain in the service but crèche facilities are still available if needed.

### **Sunday 5<sup>th</sup> March**

*Learning from Gideon: Following God through challenges and doubts*  
Judges 6:25–40. Preacher: John Thompson.

### **Sunday 12<sup>th</sup> March**

*Learning from Gideon: Trusting, listening and being part of God's victory*  
Judges 7:1–25. Preacher: John Thompson.

### **Sunday 19<sup>th</sup> March**

All-age Mothers' Day service led by Becca Williams.

### **Sunday 26<sup>th</sup> March (Communion)**

The sermon today will be given by a visiting speaker from Tearfund (details to follow). Communion will be led by John Thompson; those on Zoom will need bread and wine (or equivalent) to fully take part in communion.

## ***Evening Services This Month***

**Evening services begin at 6pm** on Sunday evenings and take place in the chapel, except where otherwise noted. Unlike morning services, these are not usually broadcast or recorded. The programme for March is as follows:

### **Sunday 5<sup>th</sup> March**

No evening service; instead we have a fellowship walk in the afternoon after church lunch (see next page).

### **Sunday 12<sup>th</sup> March**

Prayer meeting led by Ama Eyo.

Theme: *Praying to know God more* (Philippians. 3:10).

### **Sunday 19<sup>th</sup> March**

Contemplative service with communion.

### **Sunday 26<sup>th</sup> March**

Café service led by Becca Williams. This service will take place in the hall and include refreshments and a video with discussion.

## ◇ **Baptist Leaders Fellowship**

The next meeting of the Baptist Leaders Fellowship (BLF) has been cancelled will be on Friday March 17<sup>th</sup> at Old Colwyn Baptist Church, with refreshments at 10am and the meeting itself at 10:30–12. It will be led by Julia Bartholomew, the minister of Rhos-on-Sea United Reformed Church. She has been very involved in the regional Training for the 'Leading and Serving' course, and has a special interest in pioneering Christian communities. BLF aims to encourage and equip people who are part of teams involved in leading, co-leading or helping at church. For more information please speak to John.

## ◇ **Church Lunch**

We are restarting our monthly bring and share church lunches after the morning service on the first Sunday of the month, beginning on 5<sup>th</sup> March. All are welcome. Please bring a plate of finger-food to share.

## ◇ **Cytûn AGM with Guest speaker Tim Gough (YFC)**

The Cytûn AGM is at Penrallt on Thursday 2<sup>nd</sup> March at 7:30pm. Tim will be speaking about the vision of Youth for Christ and giving an update on how a pioneering work is being launched here in Bangor. Tim is the centre director of Youth for Christ in Llandudno and is the pioneer director responsible for developing new expressions of Youth for Christ in Wales.

## ◇ **Easter Cracked**

Saturday 25<sup>th</sup> March, 2pm–4pm: Easter Cracked is a free family event that explores the story behind Easter. Activities for primary aged children including crafts, games, activities and refreshments. All children must be accompanied by an adult. Please sign up on Eventbrite at

<https://www.eventbrite.co.uk/e/easter-cracked-tickets-539727879617>.

## ◇ **Fellowship Walk**

We are planning to have a walk on Sunday 5<sup>th</sup> March at the nature reserve in Llangefni, starting at 1:30pm (after our church lunch). Please speak to Wendy Lemon if you need or can offer a lift.

## ◇ **Foodbanks**

Bangor Cathedral Foodbank 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. To find out more please visit [www.bangorfoodbank.org](http://www.bangorfoodbank.org)

Mosaic church also have a Foodbank at Coed Mawr Community Centre, which is open 9:30 – 11 on Tuesday, Thursday and Saturday mornings. Contact Christine King on 07734 667011.

### ◇ **Hardship Fund**

The church has a small fund to help people in need. If you find yourself in financial difficulty or know someone else that is struggling, please speak with Sarah Jackson ([sarah.jackson.home@gmail.com](mailto:sarah.jackson.home@gmail.com)) or John Thompson ([minister@penrallt.org](mailto:minister@penrallt.org)) in confidence. If you are in a position to add to the hardship fund, please speak to Averil Francis ([treasurer@penrallt.org](mailto:treasurer@penrallt.org)).

### ◇ **Homegroups / Contact, Care & Prayer**

We encourage you to join one of our homegroups if you are not already in one, as they are invaluable in helping us to deepen our relationship with the Lord and with one another. There are groups on Monday, Tuesday, Wednesday and Thursday evenings and on Tuesday and Friday mornings. Most groups meet weekly, though some are fortnightly and we have groups meeting in person and groups meeting online (or a combination of the two).

We also have "contact, care and prayer" to enable people to stay connected even if they are not in a homegroup. This is where a member of the pastoral care team would contact you every 3 weeks or-so to ask how you are and if you'd like to receive prayer support. Please contact the [church office](#) if you are not part of contact, care & prayer or part of a homegroup and would like to be.

### ◇ **Kindle Kid's Club**

Kindle is a (free) fortnightly kids' club on Fridays from 6 to 7pm. All primary aged children are welcome and there is a space for parents to stay and chat over a panad while the club is on. Sessions this month will be on **10<sup>th</sup>** and **24<sup>th</sup> March**. For more information, contact Becca ([youth@penrallt.org](mailto:youth@penrallt.org)).

### ◇ **Men's Fellowship**

Our men's fellowship group usually meet on the first Monday evening of the month. We will meet on Monday 6<sup>th</sup> March at 6:30pm in Canolfan Penrallt for pizza, games and a chat. All men are welcome. Please let Neil Rymer know if you would like to receive information about future events.

### ◇ **Open The Book**

Cytûn have an *Open the Book* team that goes into Ysgol Hiraël to deliver dramatized Bible Stories. Open the Book is an initiative by the Bible Society and is a fun and effective way to have a Christian presence in assembles at primary schools, and also a great way for Penrallt to continue our links at Hiraël. Please speak to Magnus ([office@penrallt.org](mailto:office@penrallt.org)), a member of the team, to find out more.

## ◇ **Penrallt on Facebook and YouTube**

We have three Facebook groups:

- *Penrallt* ([www.facebook.com/groups/2402772192](http://www.facebook.com/groups/2402772192))  
a general group for information and social interaction
- *Penrallt Prayer Point* ([www.facebook.com/groups/30262793231755](http://www.facebook.com/groups/30262793231755))  
a private group (as defined by Facebook, i.e. request to join)  
specifically to share prayer requests and encouragements
- *Penrallt Students* ([www.facebook.com/groups/195300234272943](http://www.facebook.com/groups/195300234272943))

We also have a YouTube channel and a Facebook page (both called *Penrallt Baptist Church*), as well as another Facebook page for our young people:

[www.youtube.com/@penralltbaptistchurch](http://www.youtube.com/@penralltbaptistchurch)

[www.facebook.com/penralltbc](http://www.facebook.com/penralltbc)

[www.facebook.com/penralltyouth](http://www.facebook.com/penralltyouth)

## ◇ **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: Magnus Forrester-Barker (07890 109645); Geoff Moore (01248 410582); Monica Morris (07827 472637), Abi Penney (01766 890624); John Thompson (07931 150697). Please pray for them.

## ◇ **Prayer for NWBA ministers conference**

Please pray for our minister John and for other NWBA ministers as they gather for the NWBA minister's conference at Frodsham on Mon 6<sup>th</sup> – Weds 8<sup>th</sup> March.

## ◇ **Prayer Resources**

Send prayer requests, thanksgivings and testimonies to our email prayer diary via [office@penrallt.org](mailto:office@penrallt.org) — use this address, too, to subscribe to the prayer diary, which goes out every week (usually on Mondays). There are also prayer cards in the church porch that you can use to submit items for the prayer diary.

We also have a more interactive Facebook prayer group (*Penrallt Prayer Point*: [www.facebook.com/groups/30262793231755](http://www.facebook.com/groups/30262793231755)). 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 (also listed at the bottom of our email prayer diary each week). Our monthly evening prayer meeting is part of our evening service structure; this month it will be on **Sunday 12<sup>th</sup> March at 6pm**, led by Ama Eyo on the theme of praying to know God more (Phil. 3:10).

## ◇ **Soul Sisters**

Saturday 11<sup>th</sup> March, 10:30 – 12:00. We will be gathering in the Canolfan to share each others testimonies/poems or favourite song. A warm welcome is extended to all women, including friends and family.

## ◇ Students

We love to welcome students as part of our church family. If you would like to know more about what activities are available, or if you just want a friendly chat, our student co-ordinator, Becca ([students@penrallt.org](mailto:students@penrallt.org)) would love to hear from you. Also, don't miss our student Facebook group: *Penrallt Students* ([www.facebook.com/groups/195300234272943](https://www.facebook.com/groups/195300234272943))

## ◇ Youth: Ignite and Deeper

Our main youth activities are a Thursday night group called *Ignite* (usually meeting in the Canolfan at 7pm) and a Sunday morning group, *Deeper* (during our morning services). Ignite is open to all, and is a social evening with games and activities. Deeper provides opportunity to find out more about the Christian faith. Find out more on our youth website, [www.penralltyouth.org](http://www.penralltyouth.org), as well as our *Penrallt Youth Facebook page* and *Instagram group*. Contact our youth worker, Becca ([youth@penrallt.org](mailto:youth@penrallt.org)), for more information.

*Focus on...*

## Claire Bedford Serving with BMS in Chad



Claire Bedford has been in N'Djamena in Chad, West Africa since January 2016, following a year of French language study in France. Claire is working for BMS at Guinebor 2 hospital.

In the UK Claire worked as a hospital pharmacist and latterly as a prescribing advisor for GP practices. Claire's role in Chad is to continue the development of the pharmacy service at Guinebor 2 hospital. As well as having supervisory oversight of the pharmacy and the lab, Claire is part of the Senior Management Team (SMT) alongside other long-term mission workers.



Over 15,000 people were seen at Guinbor 2 during 2022. An average of 194 babies were born and 94 operations were carried out each month. The hospital continues to welcome many patients from all over N'Djamena, the rest of Chad and also from neighbouring countries, demonstrating the confidence people have in the care the hospital gives. Pray that this is a great witness to the patients of the love of Jesus in action.

Claire reports that the SMT meets every Friday and rarely finish everything they need to discuss whether that's HR, finance, legal or infrastructure issues. They're grateful to the team of Chadian heads of department who ensure the day to day running of the hospital. The SMT recently hosted the annual hospital board meetings. There were some visitors from a couple different donor organisations (including BMS) and others joined online. The first of three meetings was with Chadian government officials both from the Ministry of Health and the NGO office. This was the first time they'd had a meeting like this since January 2020 (just pre-covid). It was good to hear the thoughts and views of the officials and also their overall positive impression of, and gratitude for, the hospital.

Patience was required regarding the Swiss financing the new large solar system, in that it took them a rather long time to wire the first part of their donation to Guinebor 2. Two months in fact! But the hospital is grateful that the first tranche is now in their account and purchasing of all the components can begin.

The current pharmacist, Audrey is moving to a government hospital on 3<sup>rd</sup> March and so Cleopas has now formally taken over the head of pharmacy role. He also recently had the opportunity to do a 5-week course, three evenings a week, on general principles of pharmacy management. It's given him a good basic knowledge and also helped Claire with some French acronyms for 'average monthly usage' and so on! Claire hopes that he'll be able to do more training to help him in his new role.

Claire has sent us the following praise and prayer points:

- Good and productive meetings with the Chadian officials and hospital partners
- Cleopas's evening class and the way he's getting to grips with his new role
- The first tranche of the donation from the Swiss has arrived
- The thousands of lives that the hospital had the privilege of helping during 2022
- That more suitable training courses can be found for Cleopas & that his confidence in leading the pharmacy team will continue to grow
- Ongoing governance changes at the hospital will be carried out sensitively and wisely
- That Audrey "ends well" his time Guinebor 2. He's been working at the hospital for almost 10 years
- Ongoing wisdom for the SMT
- For patients and caregivers to see the love of Christ demonstrated in all the hospital does

For more information: <https://www.bmsworldmission.org/people/claire-bedford/>