



## Newsletter: March 2026

For a short while you'll see members of the congregation writing the Introduction to our monthly newsletter; starting this month with Neil.

### ***“God’s in His Heaven, and all’s right with the world.”***

So said Robert Browning in the eighteen forties.

Don't we wish it were true. We crave for a safe, honest, just, and stable life for our allotted three score years and ten, and then to call an Uber Chariot straight to Heaven.

But life is bad, unfair, unpredictable, chaotic. We have had daffodils out in our garden in early January and roses in December. We have had more rain in January than we can ever remember; and howling gales. The physical world is changing, the political world has gone crazy and our personal lives are often in turmoil.

Some of us have lost children. Many of us are without our lifelong partner. Some are well past our sell-by date and wonder when our appointment at the pearly gates will ever come. Like at the hospital we ask ourselves “Is our name really on the list?”

Life is unfair. Life is unpredictable. Life is frightening. It was just the same for the disciples and the early church. Nothing has changed. We try but don't succeed and it is easy to give up. But God calls us to persevere. He will never leave us or forsake us. We must not forsake Him.

Remember that *“we know that suffering produces perseverance; perseverance, character; character, hope. And hope does not put us to shame because God’s love has been poured out into our hearts through the Holy Spirit given to us.”* (Romans 5:4)

*Let us not become weary in doing good* (Galatians 6:9) *because My grace is sufficient for you. My power is made perfect in weakness.* (2 Cor. 12:9)

A hundred years ago the newspapers asked; “What’s wrong with the world?”

G.K. Chesterton replied “Sir, I am”

As we come into the season of Lent and consider once more the path that Jesus took through Good Friday and on to Easter; via the Cross to the Resurrection; and all for us; let us stay firm in our belief and steadfast in our action.

**Although all is wrong with the world, Jesus left His heaven, lived, died and rose again for us, and by his Holy Spirit continues to live in us.**

So

*Rejoice in the Lord always: and again I say, Rejoice... The Lord is at hand... And the peace of God, which passes all understanding, shall keep our hearts and minds through Christ Jesus.* (Phil. 4:4–7)

Blessings,

*Neil*

## 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 1<sup>st</sup> March

All-age service led by Wendy Lemon

*The service will be followed by a fellowship walk (see below for details). The chapel will be used for a baptismal service by Capel y Ffynnon in the afternoon, so please take care as we begin to fill the baptistery after the morning service.*

### Sunday 8<sup>th</sup> March

*The Holy Spirit.*

Preacher: John Thompson.

### Sunday 15<sup>th</sup> March (Mother's Day)

*Once? — And after this? (Hebrews 9:27)*

Preacher: Donald Poirot.

### Sunday 22<sup>nd</sup> March

*Passion Week.*

Preacher: John Thompson.

### Sunday 29<sup>th</sup> March (Palm Sunday; Communion)

*Meekness and Majesty.*

Preacher: Lesley Jackson.

## 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, apart from *Codi Mawl*, will conclude our series based on the book *Gentle and Lowly* by Dane Ortlund; the preacher for all of them will be Peter Jones.

### Sunday 8<sup>th</sup> March (Communion)

*The Heart of Jesus: In the Trinity*

### Sunday 15<sup>th</sup> March (7pm at Caersalem, Caernarfon)

*Codi Mawl* bilingual worship service — see below for details.

### Sunday 22<sup>nd</sup> March

*The Heart of Jesus: Our growing desire for Jesus*

### Sunday 29<sup>th</sup> March

*The Heart of Jesus: To the end with Jesus*

*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.*

## Other Events in March

### ◆ Fellowship Walk: Sunday 1<sup>st</sup> March

After our morning service on the first Sunday of the month, we usually have a walk together, weather permitting. On 1<sup>st</sup> March we are planning to walk along the Lon Las cycle path, starting off from the edge of Bethesda and walking along the river / cycle path towards the Nant Ffrancon. 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 Jenny ([fellowship@penrallt.org](mailto:fellowship@penrallt.org)).

### ◆ 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 30<sup>th</sup> March, which is in the school holiday.*

### ◆ Alpha: Monday evenings, 6:30pm

Our latest Alpha course at Penrallt started on Monday 26<sup>th</sup> January and is running on Monday evenings, 6:30–9pm, for 11 weeks with a break over Easter. We also have an away-day in Colwyn Bay on Saturday 7<sup>th</sup> March, with a preliminary evening at Penrallt on Friday 6<sup>th</sup> March. Please keep the Alpha guests and team in your prayers.

### ◆ Bangor Youth For Christ Prayer Meeting: Wednesday 4<sup>th</sup> March, 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. 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.

### ◆ 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](mailto:s.lambourne565@btinternet.com)) or Magnus ([renew@penrallt.org](mailto:renew@penrallt.org)) or drop in and see for yourself.

### ◆ World Day of Prayer: Friday 6<sup>th</sup> March

This year's theme, using materials prepared by the Christian women of Nigeria, is “*I will give you rest, come.*” There will be a service in Welsh at Berea Newydd (10:30am) and one in English at the Quaker Meeting House (2pm). All are welcome.

◇ **Bangor Street Pastors' AGM: Friday 6<sup>th</sup> 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.

◇ **Pathways: Saturday 7<sup>th</sup> March and Saturday 18<sup>th</sup> 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 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).

◇ **Soul Sisters: Saturday 14<sup>th</sup> March, 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 in the church hall, starting at 10:30am and finishing at noon, with a visiting speaker from "Save the Children" to explain the work they do locally and globally. All ladies are very welcome. Please contact Averil ([francishac3@aol.com](mailto:francishac3@aol.com)) for more information.

◇ **Codi Mawl: Sunday 15<sup>th</sup> March, 7pm at Caersalem**

A bilingual (Welsh/English) service, hosted jointly by Caersalem (Caernarfon), Goleudy (Llangefni) and Penrallt. Refreshments will be served beforehand from 6:30pm and translation facilities are available for those who do not speak Welsh.

◇ **Baptist Leaders' Fellowship: Monday 16<sup>th</sup> March, 10:30am**

This month the BLF will be meeting at the Light House Fellowship church on West Shore, Llandudno (where Mark Young is the pastor) and the session will focus on pioneer ministry, led by Danni Worley. We cannot sit in our buildings expecting people to come through our doors in any great numbers. There is openness to the Christian message if we meet and listen to folk. The BLF is open to anyone in any leadership role within a church. There will be tea and coffee served before the meeting, at 10am, and a simple meal afterwards.

◇ **Work Party: Saturday 21<sup>st</sup> March, 9:30am – 12:30pm**

We are the custodians of a big building. Sometimes big buildings need some love. Ours does. There will be a working party on the morning of 21st March for us to tackle some of these jobs (including cleaning). Please contact either Owen ([owenania@gmail.com](mailto:owenania@gmail.com)) or Magnus ([office@penrallt.org](mailto:office@penrallt.org)) to receive a copy of the jobs list, sign up for a job or suggest one to add to the list; if you can't make the 21st but would like to help, please also let us know, as we can arrange other times to suit you.

## ***Children's Birthdays in March***

12<sup>th</sup>: Joshua Salako

### ◇ Easter Cracked: Sunday 22<sup>nd</sup> March, 3 – 5pm

This is a free family event where we will explore the Easter story through crafts, games, activities and a meal.

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/p98ygf5t> or scan the QR code, which will take you to the same page.



### ◇ Men's Breakfast: Saturday 28<sup>th</sup> March

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](mailto:ianablett57@gmail.com)) for details, or to offer or request a lift.

## *Cytûn Easter Events*

We will be joining with the other churches of Cytûn Bangor for two events over Easter, to which all are welcome:

### **Good Friday (3<sup>rd</sup> April): Passion Play and March of Witness**

Starting by the War Memorial at 11:30am, processing past the Cathedral and down the High Street to Debenhams. Please contact Sarah Jackson if you would like to participate in the Passion Play.

### **Easter Sunday (5<sup>th</sup> April): Sunrise Service**

Starting at 7pm at the top of Roman Camp, followed by breakfast at Penrallt.

## *Other Information*

### ◇ 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. 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](http://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](mailto: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](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 Cathy Fooks ([treasurer@penrallt.org](mailto: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.

### ◇ Mission Co-Ordinators

Owen Lloyd-Evans and Nia Evans have been appointed as our Mission Co-ordinators and may be contacted by email on [missions@penrallt.org](mailto:missions@penrallt.org).

### ◇ 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](https://www.facebook.com/groups/2402772192)) is a general group for information and social interaction; *Penrallt Prayer Point* ([www.facebook.com/groups/302627593231755](https://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](https://www.facebook.com/groups/195300234272943))!

We also have a YouTube channel and a Facebook page (both called *Penrallt Baptist Church*):

- [www.youtube.com/@penralltbaptistchurch](https://www.youtube.com/@penralltbaptistchurch)
- [www.facebook.com/penralltbc](https://www.facebook.com/penralltbc)

### ◇ Prayer Resources

Send prayer requests, thanksgiving and testimonies to our weekly email prayer diary via [office@penrallt.org](mailto: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](mailto: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/noqO4Z>.

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](mailto:youth@penrallt.org).

**Deadline for next month's newsletter: Wednesday 18<sup>th</sup> March.** 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](mailto:office@penrallt.org).

*Focus on...*

## Claire Bedford

### Serving with BMS World Mission in Chad



Claire has been working at Guinebor 2 Hospital in Chad for a number of years, and is part of the hospital's management team. They have recently had their hospital AGM, with generally encouraging reports of hospital activity and finances for 2025, for which they give God the glory. There are ongoing discussions with union reps regarding pay; these are being done in good spirit but it is a mammoth task and is resulting in the management team needing to revise some hospital policies in tandem with pay discussions. Wisdom is required for this, along with wisdom and energy for the staff as they work in and manage an increasingly busy hospital.

Claire has been enjoying Chad's "cold" season recently although it has been somewhat shorter than usual, only lasting about 2 weeks instead of 2 to 3 months. She is grateful that the nights are still relatively cool. The cooler weather has reduced the demands on the hospital's electricity supply (solar, with generator backup) and they have mostly been able to meet their energy needs with solar power alone. This is liable to change as the weather warms up. Their regular solar technician, an American missionary, is now back in the United States as his Chadian visa expired in December and the two countries are currently refusing to issue visas to each other. Please pray that this situation can be resolved, as the hospital has recently acquired some power inverters from China and needs their solar technician to fit them!

A project that has been going on for a long time is the tarring of the road towards the hospital. This has finally been completed, although there remains a stretch of around 200-300m of dirt track between the hospital gates and the tarred road. It is hoped that the local authorities may be able to find financing for this last stretch in next year's budget but even without it, the tarred road is a game changer especially in the rainy season when the dirt roads become mud.

In January the hospital had a visit from a Swiss NGO called "écoute-moi" to set up audiology services, such as hearing checks for babies, ear cleaning etc. The organisation had sent an "audiology department in a shipping container" from South Africa last April/May but it was delayed in transit and only arrived just in time for the team's visit to set it up in January!

Claire's latest prayer letter, from which this information was extracted, can be found at <https://bmsworldmission.org/newsletter-download/2006>

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**Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU**

[www.penrallt.org](http://www.penrallt.org)

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**Secretary: Jan Ablett; 07703 188632; [secretary@penrallt.org](mailto:secretary@penrallt.org)**

**Treasurer: Cathy Fooks; 07729 892303; [treasurer@penrallt.org](mailto:treasurer@penrallt.org)**

**Administrator: Magnus Forrester-Barker; 07934 231788; [office@penrallt.org](mailto:office@penrallt.org)**

**(office hours: Mon – Fri, 10am – 4pm)**