



## Newsletter: May 2025

***Is everything really is going to be ok in the end? The difference is the resurrection.***

In a world of uncertainty and anxiety, writers tell us that the yearning of the new generation of millennials is that “they just want someone to truthfully tell them that in the end, everything is going to be ok.”

We can all relate to this. Perhaps we are in the midst of changing personal circumstances and we can relate directly to this. We are all in the midst of a changing culture, changing national situations and changing global relationships. This is a question that confronts us all.

At the same time, in society there is a new openness to the gospel, to the church and to Jesus. As they look at Christians, people see that we have a secure hope in an eternal future. Also they see that Christians invest in areas where God is at work for good today and that we believe in transformation. This is also an opportune time for Christians to share our faith. As we read in 1 Peter 3v15: **“Always be ready to give an answer to anyone who asks you about the hope you have”**.

Our hope is based on the resurrection. For those who are in Christ Jesus, in the end, the answer is “yes, everything is going to be ok”. In the end good triumphs over evil. In the end, life triumphs over death. In the end, God is Sovereign over all and we will be with him for eternity. Jesus really did take our sins upon himself. We really can be forgiven. God really does love us and wants us to be reconciled to him. We really can have life in him today.

And the resurrection helps us to believe that we can make a difference today in the risen power of Jesus and through the enabling power of the Holy Spirit in us. Both in our individual lives and through being part of God’s community. In being part of Penrallt through our worship, fellowship, serving and giving, we are bringing the risen life of Jesus and his kingdom.

Blessings,

*John*

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[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)

## 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 – 17); 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 4<sup>th</sup> May (All-age)**

*World mission through the lens of Jesus' resurrection.*

The service will be led by our mission partners Colm and Catherine Ó Brolcháin (OM Ireland).

### **Sunday 11<sup>th</sup> May**

*Serving and giving: Making church happen (part 1): "I will build my church ... on you"*

Preacher: John Thompson.

Matt. 16:18

### **Sunday 18<sup>th</sup> May**

*Serving and giving: Making church happen (part 2): "You are the body of Christ. Each of you."*

Preacher: John Thompson.

1 Cor. 12:27

Followed by ministries information stalls in the Canolfan (see below).

### **Sunday 25<sup>th</sup> May (Communion)**

*The Loveliness of Christ*

Isaiah 52:13–53:12; Song of Songs 5:16

Preacher: Donald Poirot.

## 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

This month's evening services will be continuing our video series on Romans by Andrew Ollerton (note that you don't need to have seen earlier parts of the series to benefit from these). They will start at 6pm and last around an hour. Unlike morning services, our evening services are not normally recorded or broadcast on Zoom.

### **Sunday 4<sup>th</sup> May: No evening service**

### **Sunday 11<sup>th</sup> May (Communion)**

Service led by John Thompson: *Hope (part 2)* — Romans 8:1–39 (esp. 31–39)

### **Sunday 18<sup>th</sup> May**

Service led by Magnus Forrester-Barker: *Mystery (part 1)* — Romans 9:1–11:36

### **Sunday 25<sup>th</sup> May**

Service led by Magnus Forrester-Barker: *Mystery (part 2)* — Romans 10:1–21

## Other Events in May

### ♦ Church Lunch / Fellowship Walk: Sunday 4<sup>th</sup> May

As usual we start the month with lunch together after the morning service. Like last month, we are inviting you to bring your own picnic. We'll set out some tables and chairs in the hall and there will be tea, coffee and soft drinks provided. After lunch, weather permitting, will be heading up to South Stack (near Holyhead) to see the sea birds nesting on the dramatic cliffs and then going for a walk around the Holyhead mountain area, with the option of going to the top for those who want to. You are also welcome to come just to see the birds or just for the walk. We are planning on taking a minibus but if you are travelling separately please note that parking costs £3.50 for one hour or £7.50 for the day (free to RSPB members).

### ♦ Llandudno Keswick Bible Week: 6<sup>th</sup>–9<sup>th</sup> May

Sessions are Tuesday, Wednesday and Thursday, 7:30pm and Wednesday, Thursday and Friday, 10 for 10:30am. For further details and to book tickets, please visit <https://gloddaethchurch.org/bible-week/>

### ♦ Bangor Youth For Christ Prayer Meeting: Wednesday 7<sup>th</sup> May, 7pm

We will be hosting a prayer meeting, led by Bangor YFC Centre Director Grace O'Boyle, in the Twrgwyn Room at Penrallt. 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. If you can't make it this time, there will be a similar meeting on Wednesday 4<sup>th</sup> June. See <https://bangor.yfc.co.uk/> for more information or to sign up for their email list or to volunteer to serve with them.

### ♦ CAP Befriender Training: Thursday 8<sup>th</sup> May, 2–4pm at Capel Berea Newydd

Christians Against Poverty is an organisation that helps people struggling with debt. This is a free training session for those interested in volunteering to work with Menai Debt Centre clients. The training is online with in-person discussions. Course materials are not available in Welsh but Welsh discussions can be facilitated.

### ♦ Pathways: Saturday 10<sup>th</sup> May (and 21<sup>st</sup> June)

Penrallt is hosting the North Wales hub of the *Pathways* training course run by Cardiff Baptist College. The next module is Pathways into Christian Belief. This goes more deeply into Christian Theology. It comprises two sessions, on Saturday 10<sup>th</sup> May and Saturday 21<sup>st</sup> June. 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).

### ♦ Christian Aid Week: 11<sup>th</sup>–17<sup>th</sup> May

Please see the [Focus](#) article at the back of this newsletter for more information.

### ♦ CAP Prayer Meeting: Thursday 15<sup>th</sup> May, 7–8pm at Capel Berea Newydd

This meeting is to pray for the work of Christians Against Poverty, especially in their Menai Debt Centre, and for debt relief in North West Wales.

♦ **BUGB Assembly: 16<sup>th</sup>–17<sup>th</sup> May**

The annual gathering of the Baptist Union of Great Britain, this year taking place in West Bromwich on the theme of “United in Mission”. For more information and to book, see [https://www.baptist.org.uk/Groups/247895/The\\_Baptist\\_Assembly.aspx](https://www.baptist.org.uk/Groups/247895/The_Baptist_Assembly.aspx)

♦ **Soul Sisters: Saturday 17<sup>th</sup> May, 10:30am**

Soul Sisters is Penrallt’s women’s fellowship group. All ladies are welcome. This month we will be meeting at Canolfan Penrallt (the rear hall at the church) between 10:30 and 12:00, when the subject will be gardens. Inma has kindly offered to talk on soil and what happens under the ground. We will be swapping seeds and plants with one another, so please bring a cutting, etc. After the meeting we are hoping to tidy the garden outside the church, weather permitting, so please bring along a packed lunch. For more information speak to Averil ([francishac3@aol.com](mailto:francishac3@aol.com)) or Ellie.

♦ **Ministries and Serving Sunday — information stalls in the Canolfan after church on 18<sup>th</sup> May**

After Church on Sunday 18<sup>th</sup> May in the Canolfan there will be an opportunity to ask people about ministries that they are involved in and how to pray for them and get involved in them. Please take the opportunity to chat to people about the things that God is doing through the many people and groups and activities at Penrallt and find out more.

♦ **Street Pastors’ Coffee Morning: Saturday 24<sup>th</sup> May at Berea Newydd**

There will be a coffee morning in aid of Bangor Street Pastors on Saturday 24<sup>th</sup> May, 10am – 12pm, at Capel Berea Newydd. All proceeds will go to the work of Street Pastors and this is also a good opportunity to meet members of the team and find out more about what they do.

♦ **Men’s Breakfast: Saturday 31<sup>st</sup> May**

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); 07759 718931) for more details, or to offer or request a lift.

## ***Future Dates***

♦ **Momentum (BUW): 7<sup>th</sup> June**

The Baptist Union of Wales are holding a day in Carmarthen with activities for all ages and special guests including Dr. Belle Tindall, the staff writer at the Centre for Cultural Witness. For more information and to book places, please visit <https://buw.wales/momentum-2025-celebrating-the-gift-of-the-spirit/>

*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.*

## ***Children's Birthdays in May***

12<sup>th</sup>: Oisin Patton

18<sup>th</sup>: Mikel Ifiemor

26<sup>th</sup>: Desmond Oyelakim

31<sup>st</sup>: Tomos Connell

17<sup>th</sup>: Elena Igweh

20<sup>th</sup>: Tolu Akinkunmi

29<sup>th</sup>: Winifred Audu

## ***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.



### ♦ 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*), as well as another Facebook page for our young people and an Instagram account:

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

### ♦ 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 (provided any items for it have been received), 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.

# Renew 57



[www.renewwellbeing.org.uk](http://www.renewwellbeing.org.uk)

[www.penrallt.org/renew57](http://www.penrallt.org/renew57)



Open every Thursday  
10:30am – 12:30pm

Chat  
Company

Shared Hobbies  
Free Refreshments

All are welcome.  
Please drop in.

## Renew Wellbeing

[renew@penrallt.org](mailto:renew@penrallt.org)  
07934 231788

A quiet shared space  
where it's ok not to be ok

### ♦ Renew 57 Weekly Drop-in

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). 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 Adrienne ([adrieferrada@hotmail.co.uk](mailto:adrieferrada@hotmail.co.uk)) or drop in and see for yourself.

### ♦ 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 get in touch with our student co-ordinator, Holly Redding ([students@penrallt.org](mailto:students@penrallt.org)). Also, don't miss our Penrallt Students Facebook group.

### ♦ Youth: Ignite and Deeper

*Ignite* (usually meeting in the Canolfan at 7pm on Thursdays) is a social evening with games and activities, open to all youth (11–17), that we run in conjunction with Mosaic church. *Deeper* (during our Sunday morning service) provides opportunity to find out more about the Christian faith. For more information see our youth website, [www.penralltyouth.org](http://www.penralltyouth.org), as well as our Penrallt Youth Facebook page and Instagram group, or contact our youth worker, Becca Jackman ([youth@penrallt.org](mailto:youth@penrallt.org)).

## Christian Aid Week

11 – 17 May

Christian Aid is a global movement of people, churches and local organisations that for the last 80 years has been dedicated to eradicating poverty, inspired by the truth that everyone is equal in the sight of God. Motivated by Christian values, the charity seeks to stand in solidarity with our most marginalised global neighbours, of all faiths and none, recognising that poverty is an outrage against humanity that deprives people of their dignity and lets injustice thrive.

Initially formed in 1945 by British and Irish churches working to help refugees following the Second World War, Christian Aid seeks to eradicate extreme poverty by tackling its root causes, working together with people living in poverty to speak truth to power and to create lasting change, while providing humanitarian relief and long-term development support for poor communities worldwide.

For more information, visit <https://www.christianaid.org.uk>

Every year in the middle of May, Christian Aid Week celebrates, and raises funds for, the work of Christian Aid. This year the churches of Bangor will together be holding the following events:

Saturday 10<sup>th</sup> May — Folk evening with refreshments, hosted by Robin and Lyndis in St. John's Church at 7pm. This is part of St. John's 150th anniversary celebrations, with donations to Christian Aid.

Monday 12<sup>th</sup> May — Bilingual service and frugal lunch in Berea Newydd at 12:30pm. Speaker: Mari McNeil, head of Christian Aid Wales.

Saturday 17<sup>th</sup> May — Coffee morning in Tŷ Deiniol (the diocesan centre, by the Cathedral) from 10am to 12:30pm, with a street collection for Christian Aid. There will be cake and plant stalls. If you would like to volunteer to bake cakes, donate cakes or hold a donation bucket, please contact the church office as soon as possible.

**Deadline for next month's newsletter: Sunday 25<sup>th</sup> May.** 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).