



## Newsletter: May 2026

### *Jesus – astounding, obedient and faithful*

Our evening services are focusing on the early chapters of the Gospel of Mark (audio now available on the website). Mark shows us the astounding life of Jesus in a quite brief format by the inspiration of the Holy Spirit. It's the shortest of the Gospels at only 11,000 words. Mark uses the word 'immediately' more than 40 times often bridging between two events. It's quite a page turner. Mark records a lot of action, one commentator said it is like reading a Marvel Superhero story.

It's great to be reminded of the astounding life of Jesus. Jesus performed many amazing and wonderful miracles and healings. John notes that **“Jesus did many other things as well. If every one of them were written down, I suppose that even the whole world would not have room for the books that would be written.”** (John 21v25).

Yet, the first chapter of Mark also includes two more passive events that we must not overlook, and that we can learn from. Firstly, at his Baptism in ch 1v11 God speaks saying **“you are my son, whom I love, with you I am well pleased.”** Jesus knew his Father was pleased with him, his obedience and his character, and this was because of who he is. This happened before any of his miracles or anything that he did. Also, Jesus insisted on carving out time to spend with his Heavenly Father. Even if this meant sneaking out before sunrise as he did in ch 1v38. Jesus then confidently continues in accordance with His Father's will. If Jesus needed to spend time with his Father, how much more do we.

So as God's children, as we continue to serve in **“love and good deeds”** (Heb 10v24) we do well to remind ourselves that we are already loved. Let's also remember to spend quality time with our loving God: Father, Son and Holy Spirit.

Blessings,

*John*

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(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 – 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 3<sup>rd</sup> May**

Preacher: John Thompson

This service will be followed by our fellowship walk (see below).

### **Sunday 10<sup>th</sup> May**

Christian Aid service led by Sarah Jackson.

The offering in this service will be given to Christian Aid.

*See the Focus article at the back of this newsletter for more about Christian Aid.*

### **Sunday 17<sup>th</sup> May**

Bangor Youth For Christ joint service with Mosaic & St. John's, led by Grace O' Boyle and John Thompson.

### **Sunday 24<sup>th</sup> May (Pentecost Sunday)**

Preacher: John Thompson

### **Sunday 31<sup>st</sup> May**

Communion Service

Preacher: Simon Lambourne

## ***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.

## ***Fellowship Walk***

After our morning service on the first Sunday of the month, we usually have a walk together. On 3<sup>rd</sup> May, we are going to Newborough Beach and Llanddwyn Island, weather permitting. It is just under a 6km walk, with sand and path under foot. You are advised to wear warm layers and bring waterproofs. Please contact Jenny ([fellowship@penrallt.org](mailto:fellowship@penrallt.org)) to request a space in the minibus or to find out about when and where to meet if you are planning to make your own way there (though please be advised that parking is expensive so lift-sharing is advised).

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

12<sup>th</sup>: Oisín Patton

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

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

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

*Information in this newsletter is correct, as far as possible, at the time of publication. Please see our website ([www.penrallt.org/news/](http://www.penrallt.org/news/)) for revised newsletters and more up to date information, as details are subject to change.*

## Evening Services

Evening services usually start at 6pm and last around an hour; unlike our morning services, they are not normally broadcast on Zoom. We have now returned to having evening services in the chapel.

There is no evening service on the first Sunday of the month. The sermons on Mark's gospel are part of a series, which will be recorded (audio only) and made available on our website.

### **Sunday 10<sup>th</sup> May**

Baptismal service led by John Thompson.

### **Sunday 17<sup>th</sup> May (Communion)**

The authority of Jesus

Preacher: Peter Jones

*Mark 1:21–34*

### **Sunday 24<sup>th</sup> May (7pm at Goleudy, Llangefni)**

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

### **Sunday 31<sup>st</sup> May**

The compassion of Jesus in his teaching and healing

Preacher: Simon Lambourne

*Mark 1:35–45*

## Other Events in May

### ♦ **Ukulele Festival: Friday 1<sup>st</sup> May, 7 – 9pm**

St. John's Methodist Church will be hosting the Anglesey & North Wales Ukulele Fest May Day Jamboree Singalong in aid of Christian Aid. The event is free, with refreshments provided — just bring your ukulele and singing voice.

### ♦ **Men's Breakfast: Saturday 2<sup>nd</sup> May and Saturday 30<sup>th</sup> May**

Our men's fellowship group usually meet on the last Saturday of the month for food and friendship at Ian Ablett's home in Caernarfon between 9 and 11am. *The April breakfast was postponed until 2<sup>nd</sup> May due to Carys and Liam's wedding, and we also have our May breakfast at the end of the month as usual.* All men are welcome. Please contact Ian ([ianablett57@gmail.com](mailto:ianablett57@gmail.com)) or the church office for details, or to offer/request a lift.

### ♦ **Llandudno-Keswick Bible Week: 5<sup>th</sup> – 8<sup>th</sup> May**

Six sessions of Bible teaching and preaching with Mark Ellis (CEO, Keswick Ministries), on the theme of How to Live Boldly. The sessions will take place at Gloddaeth Church, Chapel Street, Llandudno LL30 2SY on the Tuesday, Wednesday and Thursday evenings at 7:30pm (with tea and coffee after the session) and on the Wednesday, Thursday and Friday mornings at 11am (with tea and coffee from 10:15 to 10:45am). There is no charge, but there will be an opportunity to make a freewill offering. For more information see [gloddaethchurch.org/bible-week](http://gloddaethchurch.org/bible-week).

### ♦ **Bangor YFC prayer meeting: Wednesday 6<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 (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.

◇ **Prayer & Prophecy Evening: Thursday 7<sup>th</sup> May, 7pm**

*John 10:27 — “My sheep hear my voice, and I know them and they follow me.”*

A safe, healthy and scripturally sound space for listening to God and hearing from him for each other and for our church family. Spend some time in His presence together. Develop your prophetic spirituality and bless and encourage one another and the church as we tune into the voice of our Good Shepherd. This will take place in the chapel and is open to all within the Penrallt community. For more details, contact Abi Penney (07776 270399).

◇ **Pathways: Saturday 9<sup>th</sup> May (and 13<sup>th</sup> June)**

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 May session will be led by Ed Kaneen, Principal of Cardiff Baptist College, and will begin the module *Pathways into Leadership*. The second half of this module will be on 13<sup>th</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).

◇ **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 4<sup>th</sup> or 25<sup>th</sup> May, which are bank holidays.*

◇ **Soul Sisters: Saturday 16<sup>th</sup> May, 10:30am**

Soul Sisters is Penrallt’s women’s fellowship group, that meet once a month for a varied programme of activities. All ladies are very welcome. The theme for our meeting on Saturday 16<sup>th</sup> May is SIP & Paint where we will learn to create a watercolour painting of a local scene with step to step instructions. No experience required, just being creative with refreshments. We will start at 10:30 in the Canolfan (back hall) and hopefully finish our Masterpieces by noon. Please contact Averil ([francishac3@aol.com](mailto:francishac3@aol.com)) for more information.

### ◇ Messy Church: Sunday 17<sup>th</sup> May, 3–5pm

This is a free family event where we will explore our theme through crafts, games, activities and a meal. This time we are looking at the amazing life of Moses, Jesus and the family of God.

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/fcniv6bq> or scan the QR code, which will take you to the same page.



### ◇ Codi Mawl: Sunday 24<sup>th</sup> May, 7pm at Goleudy

A bilingual (Welsh/English) service, hosted jointly by Caersalem (Caernarfon), Goleudy (Llangefni) and Penrallt. This time Goleudy are hosting, at Llangefni Town Hall, LL77 7LR. Refreshments will be served beforehand from 6:30pm and translation facilities are available for those who do not speak Welsh.

## *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 are our Mission Co-ordinators and may be contacted by email on [missions@penrallt.org](mailto:missions@penrallt.org) for more information about our mission partners around the world. The [Focus](#) article at the back of the newsletter each month also shines a spotlight on one of our mission partners or some other mission-related activity.

### ◇ 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 (07776 270399), 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).

### ***Notices for Sunday Mornings***

The notices in morning services are now collated by Magnus in the church office, so if you would like a notice included please send it by email to Magnus by no later than noon on the Friday. All notices are included at the discretion of the duty deacon who presents them at the start of the service.

### ***Notices for the Monthly Newsletter***

**The deadline for next month's newsletter is Wednesday 27<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).

Focus on...



# Christian Aid Week 2026

10 – 16 May

## *Where hardship means hunger... urban farmers can grow hope.*

In the crowded and noisy settlements of Nairobi, most parents wake every single day knowing that they must go and earn money, otherwise their children won't eat that evening. With no formal work opportunities, heartbreakingly low pay, and no social support, it's a precarious and frightening daily struggle that no family should have to face. The aching hunger is bad enough. The relentless stress is overwhelming. **"When I wake up, I have a lot of worries. Sometimes I don't have food,"** says Fridah Moraa, a recently widowed grandmother determined to support her family on what little she earns. **"Now I'm responsible for everything."** With school costs, rent and water to cover, providing food for every meal is a problem that never goes away.

But Fridah's faith in God, and in her own ability to provide, is unwavering. With tools, seeds and specialist training from Christian Aid's partner, Beacon of Hope, Fridah's now making the most of a small space in the city to grow a steady supply of fresh vegetables that she can cook for her family or sell on her market stall.



Reflecting on her new role in life, Fridah says: **"I never thought that a woman could also be a provider."** With her inner strength, unstoppable resolve, and a little help from Beacon of Hope, Fridah's overcoming poverty to feed the youngest members of her family and protect them from the threat of malnutrition. Fridah rightly takes pride in all she's achieving: **"When I harvest what I've planted, it makes me happy. Urban farming has changed my life."**

Christian Aid and its supporters are joining together once again during Christian Aid Week (10–16 May) to fundraise in all kinds of ways — from coffee mornings and craft stalls to hiking and biking for the 70k in May challenge.

**With seven days to make a difference, every gift, act and prayer counts. What will you do to support someone like Fridah to grow food, protect their children from hunger, and nurture hope?**



- £5 could buy the seeds that kickstart a family's nutritious vegetable garden.
- £10 could pay for the pair of chickens that produce fertiliser for an urban farmer.
- £15 could purchase the hand tools that mean an urban farmer can tend their crops.
- £30 could buy the trio of cone garden planters that host hundreds of plants in a tiny city space.

Find out more about the campaign at [caweek.org](http://caweek.org)

Events for Christian Aid Week in Bangor will be a service and frugal lunch at Berea Newydd on Monday 11<sup>th</sup> May, 12 – 1:30pm, and a coffee morning with stalls at the Cathedral on Saturday 16<sup>th</sup> May, 10am – 12pm.