



Penrallt Baptist Church

Newsletter: November 2019

Look around you and ask “what is there that’s really bright in tone?”

There are probably a few things popping out, things you didn’t notice were particularly bright until now.

Once we honestly start “looking for” something specific, we begin to notice things we previously weren’t aware of.

This is what people mean by “your focus defines your reality”.

It is in this perceived reality that we operate and exercise our character. Many times, I’ve despaired about how I’ve behaved: consistently doing things I know I shouldn’t, and not doing things I know I should.

We’ve all been there. [Rom. 7:15-23]

In these moments, we experience a similar division to what Dietrich Bonhoeffer wrote about while in a Nazi concentration camp:

Who am I? This or the Other?

Am I one person today and tomorrow another?

Am I both at once? A hypocrite before others,

And before myself a contemptible woebegone weakling?

Or is something within me still like a beaten army

Fleeing in disorder from victory already achieved?

So, what do we do?

In my experience, the path forward reveals itself to me and somehow reconciles this self-division and continues to make me whole again.

He, the path, is Christ.

Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU

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Once you begin to set your mind on things above [Col. 3:2], you'll begin to notice things you weren't previously aware of. Things that are just a little brighter.

The reason He is the answer is that He gives us something to aim at. He, both as light in the darkness [John 1:5] and the way, truth and life [John 14:16], totally re-defines our perceived reality and beckons us forward.

Thankfully, Bonhoeffer realizes this truth and finishes his poem with tangible hope:

Who am I? They mock me, these lonely questions of mine.

Whoever I am, Thou knowest, O God, I am thine!

Don't be discouraged into inaction when you inevitably miss the mark.

The Solid Rock has more than enough grace to return to you a place to stand, or at least kneel for a bit.

And definitely don't underestimate your ability to start aiming towards Him in the first place.

You have been given divine free will and there is simply nothing better you can do with it.

...seek first his kingdom and his righteousness, and all these things will be given to you as well. [Matthew 6:33]

Matt Dawson

Harvest Service

For our family harvest service on Sunday 3rd November, we will have a display of items that will later be donated to the Cathedral foodbank. This can include dried / tinned foodstuffs and toiletries. If you would like to make a contribution of some items for this display, please bring them to the church office on Friday 1st November between 10:30am and 2:30pm or to the chapel on Saturday 2nd November between 10:30am and 12:30pm (when the display will be getting put together). Extra items can be brought to the Sunday morning service.

Services This Month

3rd November

10:30am Family harvest service led by Wendy Lemon

6:00pm Communion Service

The Foolishness of Preaching

1 Cor. 1:18–31

Preacher: Donald Poirot

10th November (Remembrance Sunday)

10:30am **Swords into Ploughshares**

Micah 4:1–5

Preacher: Roger Borlace

This service will include an Act of Remembrance with 2 minutes' silence at 11am.

6:00pm **Spacious Places**

Psalms 18:19

Preacher: Billie Elliott

17th November

10:30am **You Are What You Eat**

John 6:24–40

Preacher: Andy Lewis

6:00pm Café Church service in the hall (with food)

24th November

10:30am Baptismal / Communion Service led by John Thompson

6:00pm **Get Back In The Race**

Hebrews 12–13

Preacher: James Goodman

John Thompson is the pastor of Llanelwy Community Church and is our moderator during our current pastoral vacancy. The other speakers are all part of Penrallt's congregation.

Deadline for next month's newsletter: Sunday 17th November

Please send information to Magnus (office@penrallt.org; 01248 353355). All notices (including alterations to standing information) should be submitted in writing (preferably by email) as early as possible.

Dates for Your Diary in October

Saturdays	8:30am	Prayer meeting in the Twrgwyn Room.
Sunday 3	2:15pm	Service at Haulfre.
Wednesday 6	10:30am	Men's prayer meeting followed by coffee.
Tuesday 12	7:30pm	Monthly prayer meeting in the chapel.
	7:30pm	Standing Strong: An Open Doors event to celebrate God's work in North Korea. St. Asaph Cathedral. Tickets £5.
Saturday 16	9:30am	Bible Unzipped at Rhos-on-Sea URC.
	10am	Identity Conference (for women) at Kinmel Bay Church. Speaker: Siân Rees (EA Wales).
Monday 18	10am	Baptist Leaders's Fellowship meeting at PDBC, Colwyn Bay (NB not just for leaders!)
	10:30am	Church Walk at Gwydyr Forest.

Please see later in this newsletter for more about many of these events.

Children's Birthdays in November

24th: Mika Owen

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 groups do not meet every week – please check with the named contact. All landline numbers below have the 01248 area code.*

Day	Time	Group Name	Contacts
Mon	7:00pm	Delta	Brian Wheatcroft (602516) Pat MacKenzie (670948)
Mon	7:45 – 9pm	Rhiwlas	Wendy & Andy Lemon (353743)
Tue	10am	Nilgiri	Joan Beer (353874)
Tue	7:30pm	Tyddyn Isaf (Menai Bridge)	Magnus Forrester-Barker (717570)
Wed	7:30pm	Nomads	Pat & Roger Borlace (713146)
Fri	10:30am	The Lydias	Ellie Jones (602289) Lesley Jackson (680330)

◇ **Baptist Leaders' Fellowship** *Monday 18th November 10am*

We are pleased to welcome the current President of the Baptist Union of Great Britain to our region in November. Revd. Ken Benjamin has been minister of Chichester Baptist Church for over twenty years and is an Associate Speaker for the London Institute of Contemporary Christianity. Ken will lead the meeting of the Baptist Leaders' Fellowship in Princes Drive Baptist Church, Colwyn Bay on Monday morning 18th November from 10am to midday. His theme is "Where do we go from here?" The event is free and open to all members of your congregation, whether they consider themselves to be leaders or not. And it is open to all denominations. So come along and join in the discussion.

◇ **Bible Unzipped** *Saturday 16th November 9:30am*

This is a theological learning community that meets monthly at Rhos-on-Sea URC Church. Bible Unzipped is entirely free though donations towards costs are welcome. This month the sessions will be led by Peter Cousins ("Learning to Love that Long List of Names in Romans 16") and Julia Bartholomew ("What exactly is 'breaking bread' (Acts 2:42-47)?"). For more information, please speak to Roger Malone or Magnus Forrester-Barker.

◇ **Church Lunch** *Sunday 3rd November*

As usual, there will be a (free) bring and share lunch after the morning service on the first Sunday of the month. Please bring enough buffet-style food for yourself and one or two others. Visitors are very welcome (and are not expected to bring food).

◇ **Church Walk** *Monday 18th November 10:30am*

An easy circular Gwydyr Forest walk: Beginning at the Sawbench Carpark
Map Reference: Sheet OLK17 (Snowdon West Sheet) 759 612 *Not marked on the OS Map as a carpark.*

At the junction of the road to Llanrhychwyn you will see this sign. Drive up into the carpark; this will be the start point for our walk.

It will be dependent on the weather how long the walk will be as the forest offers several opportunities for variation. Meet at 10:30 please.

Boots a good idea but not essential, stout shoes would do.



Drive to Llanwrst (A55 then A470 Southbound) or A5 to Betws-y-coed turn left onto B5106)* then cross the River Conwy by the narrow stone bridge then venture along the B5106 across the river valley floor. *Directly in front of you is a complex road junction; take the uphill turn half right and forward. Progress along this road until the road junction signed for Llanrhychwyn; at this point on your left is the carpark entrance.

See Andrew March for explanation and or map if required.

◇ **Gideons UK**

More than likely you've come across a Gideons Bible at some point during your life (e.g. in a hospital or hotel room, or perhaps you were given one at school?), and maybe you've been helped by one. Gideons UK are looking for volunteers to join their team in this area to continue spreading God's Word here. See <https://gideonsuk.com/> for more information and contact Magnus in the church office as soon as possible if you are interested in joining them, as they will be visiting in early December to meet potential new recruits.

◇ **Identity**

Saturday 16th November 10am

A mini conference for women, led by Siân Rees (Director, Evangelical Alliance Wales) at Kinmel Bay Church on Saturday 16th November, 10am to 2pm; suggested donation £5. Discover true identity in a series of workshops and enjoy fellowship and lunch together. A light lunch and refreshments will be served during the day. Please RSVP (including any dietary requirements) to jenniferhartshorn75@gmail.com by 3rd November.

◇ **Interim Moderator**

During our current pastoral vacancy, Revd. John Thompson, the Minister of Llanelwy Community Church, is serving as our Moderator. In addition to chairing members' and deacons' meetings, John will be preaching at Penrallt roughly once a month and will be in the office at times during the week. The day and time will vary, so please contact either John (moderator@penrallt.org, 07931 150697) or Magnus (office@penrallt.org, 01248 353355) in advance if you would like to arrange a meeting. Please avoid contacting John on Saturdays, except in case of serious emergency, as this is his day off.

◇ **Monthly Prayer Meeting**

Tuesday 12th November 7:30pm

Our monthly mid-week prayer meetings, for the whole congregation, usually take place in the chapel and last about an hour. The next meeting after this one will be on Wednesday 11th December.

There is also a men's prayer meeting on the first Wednesday morning of the month, at 10:30am in the Twrgwyn Room and lasting about an hour, usually followed by coffee at a local hostelry. This month it will be on Wednesday 6th November.

◇ **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: Adrienne Ferrada; Magnus Forrester-Barker (07890 109645 – or contact at the church office on 01248 353355); Gwen Hicks (353648); Geoff Moore (410582); Roshni Verghese (07967 320048).

◇ **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 later in the week) 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.

◇ **Rough Sleepers**

We do not recommend giving money directly to the rough sleepers in Upper Bangor. You will find labelled envelopes in the porch for a gift that will buy meal vouchers which are distributed to the homeless by the Cathedral; this certainly would be a more meaningful form of help.

◇ **Standing Strong – Open Doors** *Tuesday 12th November 7:30pm*

Come and meet your extraordinary family from North Korea and celebrate how God is building his Kingdom there. The evening will be jam-packed full of inspiration and challenge from the persecuted church. At St Asaph Cathedral, 7.30 - 9pm; Tickets £5.

<https://www.eventbrite.co.uk/e/standing-strong-st-asaph-tickets-62248712575>

<https://www.opendoorsuk.org/news/standing-strong-2019>

◇ **Sunday Afternoon Services** *Sunday 3rd November 2:15pm*

On the first Sunday afternoon of the month we usually take a short service at the Haulfre residential home in Llangoed (near Beaumaris). The service starts at 2:15pm and lasts roughly half an hour.

Focus on...

Mark and Susanna Barrell

Serving with BMS in Mozambique



Mark and Susanna have been serving in Maputo, the capital city of Mozambique, East Africa, since early 2018. Mark is working alongside the Mozambique Association of Christian Lawyers to help build its capacity. The AMAC, through a partnership with Prison Fellowship, has recently embarked on prison visits, which is an opportunity to help men and women who are lacking representation and hope. The sheer numbers of prisoners needing help can be overwhelming, but for some the AMAC can be and is a lifeline.

Susanna is supporting two sewing groups. One is a small group of girls seeking to leave behind very difficult circumstances. Those coming have been involved in the project which helps them for some time. They meet four mornings a week starting with prayer and Bible study before lessons begin. The journey to the project location is a long one for Susanna. She is also meeting with the other group in Machava once a week.

Mark and Susanna are currently learning Portuguese. They are accompanied in Maputo by their daughter Lizzie (14) who is attending Maputo International School. It runs on the English i-gcse system, and has children from over 40 different countries.



Mark and Susanna also have two other children: Jacob (23) who works for BMS World Mission and Anna (21) who is at university in Sheffield.

Mark and Susanna have highlighted these praise and prayer points:

Action Team: Four energetic eighteen year olds arrive in November for five months in Maputo.

Family: September was a tough month - please pray for joy, peace, sleep and a trust in the Lord that is beyond their own understanding.

Building sustainability: for AMAC (the legal work) and Capaz (the sewing project).

Portuguese: Understanding and perseverance to cope with the confusion working in a second language can bring.

Home assignment: Preparations for December and January in the UK, time with friends, family and supporting churches.

www.bmsworldmission.org/people/mark-and-susanna-barrell/