



# Penrallt Baptist Church

**Newsletter: October 2014**

## ***From the Minister:***

"When the Lamb opened the seventh seal, there was silence in heaven for about half an hour." Revelation 8:1

It looked like a good deal. For just a few bitcoins I could visit heaven for half an hour. Let's face it, who'd turn that down? Imagine the heavenly choirs for a start. Much as I love our male voice choirs, a few billion angels belting out worship songs must be something else. It's bound to beat the Last Night of the Proms and think how much folk pay to see that? An unrepeatable offer according to the advert, and in any case who'd ignore "a foretaste of glory?" So I signed up for it straight away before the opportunity was lost.

A few clicks on screen, a swift transaction and then I waited. It wasn't long before the room began to fade from view and suddenly there I was. Somewhere. It was misty, very misty. And totally silent. I waited. Nothing happened. I listened. Not a sound. I looked at my watch and looked around me again.

For half an hour. Nothing.

Next thing I knew I was back in front of my computer screen again.

I complained of course. I even got a reply.

"We can assure you, Mr. Cousins, that you have just visited Heaven. The mist you saw was in fact a cloud of glory placed there to shield your human eyesight from the blinding splendour of the Almighty's presence. Our customers are always thrilled by the wonderful music, but in this case you seem to have arrived at precisely the moment described in Revelation 8 when there was silence in Heaven. This was unfortunate, but as you will see in the small print of our terms and conditions we cannot guarantee at what point you were to visit the celestial places. We regret that we are unable to refund your money."

I was complaining loudly to my colleague about this injustice when she asked "What was the silence like?"

"The silence? Well, it was very, very quiet."

"Full of expectation?"

---

Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU  
*Tel:* 01248 353355; *Email:* office@penrallt.org; *Website:* www.penrallt.org  
Office open Mon–Fri 10am - 2pm; *Administrator:* Magnus Forrester-Barker

*Minister:* Revd. Peter J. Cousins, 135 Penchwintan Road, Bangor LL57 2YG; *Tel:* 01248 353878  
*Secretary:* Roshni Verghese, 2 Vicarage Close, Llandudno LL30 1PH; *Tel:* 07967 320048 / 01492 871444  
*Treasurer:* Stephen Burrows, 39 Cil y Graig, Llanfairpwll LL61 5NZ; *Tel:* 01248 714048

"Well, yes. I suppose it was. Like God was just about to say something and all of creation was straining to hear what it would be."

"Wasn't that worth it?"

"Maybe."

I calmed down and remembered a TV interview I watched yesterday by Simon Callow, the much loved British actor. It seems he is touring his latest production, a one man show in which he plays a dozen or so of the New Testament characters telling their side of their relationship with Jesus. It sounds pretty much the kind of thing our teenagers might write and put on for Penrallt's Christmas service, except that we'd perform it for free, of course. It would be even better in reality, because they, unlike Mr. Callow, actually believe in Jesus.

However, it was a comment he made. I forget the exact words he used but they were along the lines of "The best feeling for the actor is not the applause, nor the laughter, but the moment when the audience is sat on the edge of their seats in absolute silence waiting on the next words you're going to say."

And that was it. I began to think about the highlights of Penrallt's worship: those precious moments over the last 16 years of my time here when we have been closest to heaven in our worship. The precious, unforgettable seconds when it's as if the angels have stood close to us. And as I recalled those times I realised that it wasn't the singing, or the playing, or the preaching or the praying. The best moments were the times Penrallt was stunned into an awed hush at the tangible presence of God in our midst, waiting in profound, still, worship for God's next word.

So here's how to judge the quality of worship. It isn't the preacher, it isn't the music, or the grandeur of the building.

You want to know how good the worship is?

It's the quality of the silence.

God bless,

*Peter*

### ***Welcome to Students:***

If you're a student we welcome you to Penrallt. Please collect a student pack from the door, and join in our activities, especially Faith Café on Sunday nights from 28th September. Delvin Varghese is our Student Coordinator and he would be happy to tell you what's happening and to invite you to our student home group.

## ***Services This Month:***

### **5 October**

10:30am **Faith which holds firm in a storm** *Acts 27:1-44*  
2:15pm Service at Bontnewydd (see Noticeboard, below).  
6:00pm Communion Service.  
**Reasons to Believe** *John 14:1-7*

### **12 October**

10:30am Speaker: Nigel Wright.  
6:00pm **Can God speak to me?** *Isaiah 44:6-23*

### **19 October**

10:30am **Unusual kindness, generous hospitality, honoured in many ways:  
Ministry in Malta - no preaching, just power evangelism** *Acts 28:1-10*  
6:00pm **Made to Enjoy God** *Genesis 1:26-31; Ps. 8:4-8*

### **26 October**

10:30am Communion Service. Speaker: Geoff Birch.  
6:00pm Speaker: David Retallick.

## ***Our Speakers in October***

**Peter Cousins** is the minister of Penrallt and is our speaker except when otherwise noted. **Dr. Nigel Wright** is a national Baptist leader, who retired from the post of Principal of Spurgeons College after 21 years in 2013. He is a highly respected theologian, author and pastor. It is good to welcome him back. **Geoff Birch** is a retired minister, a member of Penrallt. **David Retallick** is one of Penrallt's youth leaders, a self-employed videographer and online media producer.

### ***Baptism***

We are planning a Baptismal Service in November. If you are interested in being baptised please speak to Peter.

## ***Serving the people of God elsewhere:***

The following members of Penrallt will be preaching or leading services at other churches this month. Please remember them in your prayers.

Sunday 14 Andrew March preaching at Castle Square, Caernarfon.

*If you will be ministering to other congregations and would like to be included in this list (and our weekly email prayer diary) in future months, please send details to Magnus in the church office.*

## ***Dates For Your Diary:***

**Wednesday 1** 10:30am Men's Prayer Meeting followed by coffee in Options.  
**Monday 6** 7:30pm Church Members' Meeting.  
**Saturday 11** 9:30am Bible Unzipped.  
**Friday 17** 2pm Pastoral Care Team Meeting.  
**Monday 20** 10:30am Church walk at Nefyn.  
**Saturday 25** Bangor Street Pastors Coffee Morning (time/venue TBC).  
Further details of most of these events can be found in the Noticeboard section later in this newsletter.

## ***News of People:***

Congratulations to **Nichola and Neil** on the birth of **Reuben Matthew** weighing 6lb 14ozs on 16th September.

**Joyce Ryan** had a nasty fall and is in hospital with back injuries. **Joan Beer** is in plaster after breaking her foot. **Andrew March** has recovered well after his foot operation. **Ronnie Winter** has finished chemotherapy and is soon to start radiotherapy. **Barbara Thomas** is home after her therapy and asks to say sincere thanks to everyone for their prayers and kind thoughts.

## ***Children's Birthdays in September:***

5th: Evangeline Goodwin 7th: Anna Warnock 20th: Micah Adams  
21st: Gwilym Davies 23rd: Scott Jones 26th: Hannah Howick 31st: Catrin Gwilliam

## ***Weekday Events:***

*Please check with the contact people when there are meetings this month.*

HG = Home Group

<b>Day</b>	<b>Time</b>	<b>Details</b>	<b>Contacts</b>
<b>Tue</b>	8:00pm	HG, Nilgiri	Joan Beer (353874)
<b>Tue</b>	7:30pm	HG Tyddyn Isaf (Menai Bridge)	Magnus Forrester-Barker (717570)
<b>Wed</b>	2:00pm	HG, Carers	Carol Morris (208407)
<b>Wed</b>	7:30pm	HG, Bethesda	Jon & Deb Stammers (602868)
<b>Wed</b>	7:30pm	HG, Cymraeg	Owen & Nia Evans (352634)
<b>Wed</b>	7:30pm	HG, Maes y Dref (pm)	Anne Collis (353173)
<b>Wed</b>	7:30pm	HG, Nomads	Susan Cousins (353878)
<b>Wed</b>	7:00pm	HG, Students	Delvin Varghese (07528 958150)
<b>Thu</b>	10:30am	HG, Llanfairpwll (am)	Sue & Lawrence Moss (713793)
<b>Thu</b>	7:30pm	HG, Llanfairpwll (pm)	Sue & Lawrence Moss (713793)
<b>Fri</b>	10:30am-12pm	Cheeky Monkeys (parent & toddler group)	Joan Rymer (713003)
<b>Fri</b>	10:30am-12:30pm	HG, Maes y Dref (am)	Anne Collis (353173)
<b>Sat</b>	8:30am	Prayer Meeting	

## ***Noticeboard:***

### ◇ **Alpha**

**A** - a series of interactive sessions that freely explore the basics of the Christian faith. It's for anyone who's curious. The talks are designed to encourage conversation and explore the basics of the Christian faith.

**L** - learning and laughter in a friendly, open and informal environment.

**P** - peas, potatoes, pudding, pizza, profiteroles (maybe!), and much more (not necessarily in that order).

**H** - helping one another in each session (which includes food, a short talk and a discussion at the end where you can, if you want to, share your thoughts).

**A** - ask any question and you are free to discuss as much or as little as you wish.

The course starts with the Celebration Supper on 30th September (7pm to 9pm) and finishes on 9th December. It runs on Tuesday evenings, from 7pm, and is free.

### ◇ **Bible Unzipped**

*Saturday 11 October*

*9:30am*

Bible Unzipped aims to unpack Scripture with those interested in learning more than can be offered in a Sunday sermon. It also equips those leading in the church with some tools for studying and teaching from the Bible. It meets monthly on a Saturday morning at Rhos-on-Sea URC from 9:30am to 1pm, usually on the second Saturday. This month: *Chronicles* (by Jon Stammers), *Questions Christians Ask: What happens to me when I die? (Part 2)* (by Rob) and *Struggling with Difficult Bible Passages: Psalm 137:7-9* (by Julia) The course is free and we may be able to offer you a lift. Talk to Peter if you are interested. About 10 members of Penrallt attend.

### ◇ **Bontnewydd**

*Sunday 5 October*

*2:15pm*

Every month, usually on the first Sunday afternoon, a team from Penrallt goes to lead a short service at the nursing home in Bontnewydd, near Caernarfon. New members are always welcome to join the team and there is a particular need for musicians and Welsh-speakers. If you would like to join, or to find out more, please speak to Joan Beer, Susan Cousins or Magnus.

### ◇ **Car Parking**

Please note that the car park next door to the church is now pay and display and after 10th October we will no longer have the Penrallt spaces. Morrisons car park only allows you to park for two hours. We recommend that you use the School of Nursing car park on Sunday mornings. Morrisons say that they switch the cameras off to make the car park available to us on Sunday and weekday evenings after 6pm. (Morrisons is happy for you to park there on Sunday mornings and do your shopping after the service provided you register your car registration number at their information desk beforehand).

### ◇ **Church Lunch**

We will host a church lunch after the morning service on **Sunday October 5th**. Please bring enough buffet style 'finger food' for yourselves and one or two others.

◇ **Church Walk**

*Monday 20 October*

*10:30am*

We shall be walking the Nefyn peninsula on the Lleyn. Follow the A499 Pwllheli road from Caernarfon. Just past Trefor, at a roundabout, turn right onto the B4417 for Nefyn. In the centre of Nefyn turn right at a mini roundabout, posted Aderdaron, also with a brown golf club sign. Into Morfa Nefyn and just past the old Claremont Garage (on the left) fork right for golf club, traeth and Porth Dinllaen. At the end of the houses, opposite 'Caffi Porth Dinllaen', turn right into the National Trust car park. Parking is free to Trust members, but £4 for others. There is a toilet in Morfa Nefyn opposite Claremont Garage and at the 'Caffi Porth Dinllaen' (if it is open), also towards the end of the walk at 'Ty Coch Inn'. The walk is very gentle, partly on the coastal path and is just under 5 miles. Meet at 10.30 a.m. as usual and bring a picnic. Geoff and Marilyn are leading the walk: 01286 870944.

◇ **Films @The Chaplaincy**

The Bangor University Catholic Chaplaincy is showing a series of films on Friday nights, followed by discussion. They are free to attend and start at 7pm. This term's programme is as follows:

3rd Oct - Life of Brian

10th Oct - Devil Wears Prada

17th Oct - The Railway Man

24th Oct - The Way

31st Oct - Calvary

7th Nov - Millions

14th Nov - The Scarlet and the Black

21st Nov - Of Gods and Men

28th Nov - Frozen

5th Dec - The Nativity Story

◇ **Getting your prayer life into gear**

We believe in prayer and encourage people to pray. You can send prayer request to our electronic diary via [office@penrallt.org](mailto: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 by emailing the office now and requesting to be put on the list. And for more immediate sharing and response in prayer why not search on Facebook for *Penrallt Prayer Point* and send a request to join our page dedicated to prayer.

◇ **Homeless in Bangor**

Please do not give money directly to the homeless in Upper Bangor. We have found in the past that it has encouraged aggressive begging on the church premises by people who have a history of violence. You will find brown envelopes in the porch to put your gift in. This will buy meal vouchers which are distributed to the homeless by the Cathedral.

◇ **Men's Prayer Meeting**

*Wednesday 1 October*

*10:30am*

Time spent in prayer will be followed by coffee in Options. All men are welcome.

◇ **Pastoral Help**

If you have pastoral concerns please contact Peter or else one of the other members of the Pastoral Care team:

Pat Borlace 713146

Dave O'Brien 671848

Adrienne Ferrada

Judy Stammers 364394

Geoff Moore 410582

Helen Thomas 600174

◇ **The Prayer Room...**

...is open before and after the service for quiet prayer. Penrallt is a place of prayer, so make use of this sacred space.

◇ **Room to rent**

A room is available to rent in a cosy bungalow in Menai Bridge, with one friendly co-tenant. Please speak to Magnus (01248 717570; drmeffb@gmail.com) if you are interested.

◇ **Website**

The Penrallt website, [www.penrallt.org](http://www.penrallt.org), has recently undergone a facelift (largely with a view to making it work better on mobile devices but also check out the new *sermon series* page). Magnus would welcome constructive feedback, as well as pictures both of services and events at Penrallt and of local scenery - either have a chat with him in person or drop him an email to [office@penrallt.org](mailto:office@penrallt.org)

***Deadline for next month's newsletter: Sunday 19 October.***

*Please send information to Magnus ([office@penrallt.org](mailto:office@penrallt.org); 01248 353355)*

***From the church office:***

**Advance notice:** Penrallt's Autumn/Christmas Fair will take place on Saturday 22nd November. More details to follow in the November newsletter.

**Church members' meeting:** Monday 6th October. Church members, please make every effort to attend this meeting. Amongst other business we will be holding the election of deacons postponed from the July meeting.

**Church office closure:** Please note that the office will be closed on Wednesday 8th October as Peter and Magnus will be at a conference.

*Focus on...*



**Amy Burrows in South Africa**

Over summer I spent 10 weeks working at a children's village and school called Lily of the Valley in South Africa through Tearfund as part of the international citizen service. Here are some of the things I did.

At the school the teachers are under pressure to give enough attention to the pupils on a one to one basis; there are children with concentration problems, learning difficulties and classes with a very wide range of performers. So we aimed at providing one on one support for the children who needed help. The head teacher also suggested that we help run life skills and drama activities with intermediate grades as their education would really benefit from using a wider variety of methods to get the kids engaged and being creative.

At the village it was highlighted to us that it would be worthwhile to establish one to one reading sessions with the children as many of them were struggling and would really benefit from further practice and encouragement. We decided to implement this during the hours that we were at the village after school in order to support their learning and reading practice in school, to improve their literacy rates and to give some constructive structure to their free time after school.

Over the course of our project we managed to set up the reading scheme in which we read with around 45 kids on a fortnightly basis over Mondays, Tuesdays and Thursdays. This was very worthwhile, and we have really seen an improvement in the children's reading and their confidence whilst we have been here.

We are hoping that now we have established the logistics of this programme the next group of volunteers will be able to continue to run the reading slots with them so that there is a greater long term impact on the literacy rates at Lily. We also hope that they will be able to appoint some teenagers, who are strong readers, as reading mentors to the younger kids in order to continue the reading scheme. We envisage these teens as being interviewed, trained and paid a small amount of money in order to create a small job for them that will equip them with valuable skills to utilise when applying for jobs when they leave school. It would also be really nice to strengthen the links between the older and younger kids, allowing the littlies to have bigger children that they can look up to and get assistance from.

At the school we ran weekly workshops with kids from Grade 3 to Grade 6 (9-13 years old) that were focused on the topics of friendship, discipline, identity, human trafficking and future dreams. We often incorporated drama or poster making to encourage the kids' creativity. We provided help in the classrooms on a daily basis from Grade R – G6 (6-13 years old) and we occasionally helped with after school sport when there was water for them to drink. This meant that we really got to support the staff at the school, give the children that need more help valuable time and attention and also allowed us to develop relationships with the kids. Getting to know each child's individual personality, their struggles and strengths was an amazing experience and was really the biggest outcome of all our time investment.

One of the biggest achievements of our placement has been the wellness week that we have conducted at the school. We were instructed to plan a wellness day, but because of our limited hours at Lily Vale School we had to do three days worth of workshops with different age groups in order to cover all the activities and information we wanted to cover. It was a fantastic week which allowed every member of our group to bring their own skills and interests and pull together. We prepared three integrated topics surrounding healthy living; hygiene, healthy eating and keeping fit. Each topic was led by two members of the team and we engaged the kids in discussions, got them singing songs, playing games and being creative in more artistic tasks. We found this week the most rewarding activity we conducted because healthy living is vitally important for children with HIV/AIDs, as it gives them a higher protection from contracting different illnesses that are worsened by HIV/AIDs, which unfortunately 74% of the children we were working with had.

I thoroughly enjoyed my weeks there, and each member of the team really valued this experience and has developed many new skills and passions to take home.

*Amy*