



Penrallt Baptist Church

Newsletter: October 2017

For the last 9 weeks we have explored the fruit of the Spirit described in Galatians 5:22–23; the nine qualities that make up Christian character. The Apostle Paul uses the word 'fruit' to describe the qualities a Christian should have. He does not use words such as 'result', 'product', 'outcome' or 'effect'. Paul uses the word 'fruit' which suggests this is not something that is manufactured.

These nine virtues (love, joy, peace, patience, kindness, goodness, faithfulness, gentleness and self-control) are not the results of our work. They should grow without effort and are an outcome of the Holy Spirit abiding within every Christian.

How can we do it?

In John 15:4–5 (NKJV) we read about the ultimate condition of fruitfulness, Jesus said:

"Abide in Me, and I in you. As the branch cannot bear fruit of itself, unless it abides in the vine, neither can you, unless you abide in Me. I am the vine, you are the branches. He who abides in Me, and I in him, bears much fruit; for without Me you can do nothing."

The Bible tells us that when we give our lives over to Christ we are sealed with the Holy Spirit (see Ephesians 4:30). Jesus does some wonderful things in our lives through His Spirit which is within us. We can produce nothing *unless we go on growing in Him*. For Jesus says, "I am the vine itself". We are the branches. *Apart from Him we can do nothing at all*. **Abiding in the Lord Jesus** involves ongoing daily dependence on Him.

J.C. Ryle explains, "To abide in Christ means to keep up a habit of constant close communion with Him – to be always leaning on Him, resting on Him, pouring out our hearts to Him, and using Him as our Fountain of life and strength, as our chief Companion and best Friend. To have His words abiding in us, is to keep His sayings and precepts continually before our memories and minds, and to make them the guide of our actions and the rule of our daily conduct and behaviour."

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Abiding in the Lord Jesus has, as its essence, obedience to Him and submission to His Word.

In our first Sunday morning service in October, we are having an All-Age-Worship Harvest Service. Harvest Festivals and Services are normally celebrated in September or October. They are a reminder to Christians of all the good things given to us by God. They also serves as opportunities to share with others who are less fortunate.

In ancient Israel acknowledgment of the Lord's part in the harvest was important. In order to enjoy the fruits of the harvest, farmers needed to do their part in planting to be able to reap. They had to work the soil, plant the seed, water it, but ultimately they **relied on the work of the Lord** in bringing it to completion. Farmers could have done everything to plant and to protect their crops, but if there was no rain or too much rain, crop pests or natural disasters, they would not have been able to enjoy the fruits of the harvest. It is the Lord who produces the harvest.

The fruit of the Spirit are noticeable characteristics of a life changed by Jesus Christ; but we cannot produce the fruit of the Spirit by works such as religion, liturgy, knowledge or good deeds. It is by **abiding in the Lord Jesus** that we can bear much fruit. As the branches draw sap from the vine, so believers must get their strength, wisdom, holiness and power from the Lord Jesus.

Are we walking in obedience to Christ's commands? Can people see the fruit of the Spirit in our lives?

God bless,

Freddy

University Challenge!

Hello guys and girls; welcome to Bangor, welcome to Penrallt to those who are freshers; welcome back to Bangor, welcome back to Penrallt to the rest of you 'old' students! It is fantastic to have you with us.

It is rather amusing to see a sea of bewildered faces all over Bangor as the new ones try to get to know their new surroundings; be thankful that you are in a small town not in a big city! City or town you must be undergoing a kaleidoscope of emotions – a twinge of homesickness, the sense of freedom at last; having your own money albeit mostly loans slowly but surely guiding you to debt; everything at your disposal if you so desire – drugs, drinks, late nights, parties, pub crawls, sex – or a steady, calm, wise and God-centred response to your new phase of life; A big choice; a battlefield of your minds and a battle for your lives! Which way would you go? Proverbs 23:7 "... 'Eat and drink' he says but his heart is not with you". In other words, your attitude determines your actions. Your life

and actions will always be a direct result of your thoughts; if you have a positive mind-set you will have a positive life; however if you renew your mind according to God's plan for you, you will have an abundant life. It is that simple. This is where we at Penrallt want to invite you to; we wish to embrace you unconditionally, lovingly.

Join in with us through all our activities – the Sunday services; youth activities; Faith Café for food, chat and fellowship. Talk to Matt Dawson and Rebecca Robinson, our student co-ordinators, in order to get involved in the life of Penrallt for in time you will know that you do not just come into Penrallt to worship but you are part of the Penrallt family; for pastoral care; for mentoring if you need it. Come! Come and see. The devil has plenty of seeds to plant in our minds but let us help each other; through the power God's Word and love let us yank 'em out from taking root.

God bless

Roshni

Services This Month

The speaker except where noted will be our minister, Freddy Farias-Palacios. Deb Stammers is one of our church members. In the morning services we will be starting a series to tie in with our new "Experiencing God" course that is starting this month (although it is not necessary to do the course in order to benefit from the sermons). In the evening services we will be continuing with our series of evangelistic sermons based on passages from the gospels.

1st October

10:30am Harvest Service (All-Age Worship) *Luke 13:6–9; 2 Corinthians 9:10*
led by Freddy Farias-Palacios and Wendy Lemon.

6:00pm Communion Service
Real Freedom *John 8:32*

8th October

10:30am **Jesus Is Your Way** *John 14:6, 12;*
(Experiencing God, #1) *John 17:3; Genesis 12:1–5*

6:00pm Speaker: Deb Stammers
The Wonder Of The Gospel *Luke 1:37*

15th October

10:30am **Jesus Is Your Model** *John 5:17, 19–20;*
(Experiencing God, #2) *Matthew 4:18–22*

6:00pm **The Fundamental Crisis Of Humankind** John 3:19

22nd October

10:30am Speaker: Deb Stammers

Learning To Be A Servant Of God *Philippians 2:5–8;*
(Experiencing God, #3) *Jeremiah 18:1–6*

6:00pm *Movie Night at Penrallt*, led by Matt Dawson and Roshni Verghese. Instead of the usual evening service, we will watch a short film (c. 30 minutes) and then discuss it, reflecting about who God is.

29th October

10:30am Communion Service

God Works Through His Servants *Exodus 2:23–25; 3:7–10*
(Experiencing God, #4) *Romans 12:1–2*

6:00pm **Repentance: The Door To The Kingdom Of God**
Matthew 21:28–32

Dates for Your Diary

Saturdays	8:30–9:30am	Prayer meeting in the Twrgwyn Room.
Sunday 1	2:45pm	Service at Plas Garnedd residential home in Llanberis.
Monday 2	7:30pm	Church members' meeting.
Wednesday 4	10:30am	Men's prayer meeting followed by coffee.
Monday 9	2pm	Pastoral Care Team meeting.
Tuesday 10	7:30pm	<i>Experiencing God</i> course begins in the chapel.
Thursday 26	7:30pm	Monthly prayer meeting in the chapel.
Monday 23	10:30am	Church Walk at Abergwyngregyn.
Tuesday 31	7:30pm	Reformation Day service at Bangor Cathedral.

Please see the Noticeboard section of this newsletter for more about many of these events.

News of People

Our prayers are with Eve Malone, who underwent surgery last month. We are pleased to report that Tony Mason is now home from hospital and doing well.

Children's Birthdays in October

7 th : Anna Warnock	15 th : Joanna Burt
20 th : Micah Adams	31 st : Catrin Gwilliam

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 homegroups generally do not meet on the weeks of the Experiencing God course or the monthly prayer meeting and may not meet all other weeks – please check with the homegroup facilitator.

Day	Time	Group Name	Contacts
Tue	7:30pm	Nilgiri	Joan Beer (353874)
Tue	7:30pm	Tyddyn Isaf (Menai Bridge)	Magnus Forrester-Barker (717570)
Wed	2:00pm	Carers	Carol Morris (208407)
Wed	7:30pm	Nomads	Pat & Roger Borlace (713146)
Wed	7:30pm	Bryn Eithinog	Freddy Farias-Palacios (07506 710694)
Thu	10:30am	Llanfairpwll (am)	Sue & Lawrence Moss (713793)
Thu	7:30pm	Llanfairpwll (pm)	Sue & Lawrence Moss (713793)
Thu	7:30pm	Ogwen Valley	Brian & Kate Wheatcroft (602516)
Fri	10:30am–12:30pm	The Lydias	Freda Birchall (371316) Lesley Jackson (680330)

Experiencing God

This is a course designed to help us deepen our relationship with God. We will be running it on midweek evenings, once a month, with the first session on **Tuesday 10th October** at 7:30pm in the chapel. The course will last about a year and the next few sessions will be on Thursday 9th November, Tuesday 5th December and Thursday 11th January.

A copy of the book "Experiencing God" by Henry & Richard Blackaby and Claude King (LifeWay Press, 2007; ISBN: 978-1-4158-5838-7) is required to participate in the course. If you haven't already signed up for a copy you will need to order your own (e.g. through "Manna", the Christian shop across the road from Penrallt).

While the course is running, many of our morning service sermons and homegroup Bible studies will reflect the course material. You can still benefit from these without attending the course (or vice versa) but we encourage you to do the course, listen to the sermons and join a homegroup (if you are not in one already) to get maximal benefit.

Noticeboard:

◇ **Church Lunch**

Sunday 1st October

We will, as usual, have a church lunch on the first Sunday of the month. Please bring enough buffet-style food for yourself and a few others.

◇ **Church Walk**

Monday 23rd October 10:30am

This month's walk will be from Abergwyngregyn up to Aber Falls and back via the route along the hills. Just under 5 miles. Tea at Hen Felin café in the village. Free parking opposite the visitor centre in the village. Picnic lunch at the falls half way. Contact Roger Malone (431296) for more information.

◇ **Faith Café**

Sundays 4–5:45pm

Faith Café, aimed principally at students, has a slightly different format this year and now runs *before* the evening service. It is a place to meet around free hot drinks, soup, bread and a variety of cheeses, to chat, play games and talk faith – a chilled out space that's perfect to bring your flatmates to. For more information about this and other student activities, please speak to Matt Dawson, our student co-ordinator (students@penrallt.org)

◇ **Monthly Prayer Meeting**

Thursday 26th October 7:30pm

Our monthly mid-week prayer meetings are for the whole congregation and all are warmly encouraged to attend. The meetings usually take place in the chapel, and last about an hour. The next few are due to be on Tuesday 21st November, Wednesday 13th December and Thursday 25th January. We also have a weekly prayer meeting on Saturday mornings at 8:30am, which usually lasts slightly less than one hour.

◇ **Pastoral Help**

If you have issues of concern about your own or someone else's welfare, please contact either our minister, Freddy (minister@penrallt; 07506 710694), or a member of the Pastoral Care team: Adrienne Ferrada; Gwen Hicks; Geoff Moore (410582); Lawrence Moss (713793); Judy Stammers (364394); Helen Thomas (600174).

◇ **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 on Tuesdays) 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**

The church's policy is not to give money directly to the rough sleepers in Upper Bangor. Be reminded that they could, at times, be aggressive towards others. You will find brown envelopes in the porch for a gift that will buy meal vouchers which are distributed to rough sleepers by the Cathedral; this certainly would be a more meaningful form of help.

◇ **Sunday Afternoon Services**

We visit residential homes in the area once a month on a Sunday afternoon, alternating between Haulfre (in Llangoed, near Beaumaris, starting at 2:15pm) and Plas Garnedd (in Llanberis, starting at 2:45pm), usually on the first Sunday. This month we are due to visit Plas Garnedd on **Sunday 1st October** but please check with the church office or see that week's news sheet to confirm that this is going ahead.

Magnus' Movember Challenge

Those of you who have been in Penrallt for a while will be familiar with Magnus, the church administrator, and will have seen his beard at various different lengths but will never have seen him without one. In fact, nobody has since the summer of 1995. For the past two decades he has resisted all pressure to shave, even when having a sponsored haircut. Now, however, for a limited time only, is your potential opportunity to see a less hirsute Magnus!

You may have heard of Movember – the month in which many men across the world grow a moustache for charity. Specifically, it's to tackle men's health issues. Magnus is planning to take up the Movember challenge – although it will require the temporary sacrifice of his beloved beard – in honour of his friends Peter (who survived prostate cancer) and John (who didn't).



*Hair today,
gone tomorrow?*

However, the shearing will only commence if Magnus has succeeded in raising at least £500 by the start of November. Donations can be made (and more about Movember found out) at <https://mobro.co/13561758>. If the target is not reached, the money that has been raised will still go to this worthy charitable cause but Magnus will get to keep his face nice and warm (and his chins safely hidden) as we head into winter.

Deadline for next month's newsletter: Sunday 22nd October.

Please sent information to Magnus (office@penrallt.org; 01248 353355).

All notices should be submitted in writing (preferably by email) as early as possible.

Focus on...

Chris & Anna Hembury
Serving with Hull Youth For Christ



Chris and Anna Hembury work in Hull with Youth for Christ and Church Mission Society. They live, with their teenage children Elijah and Kavita, within the community whom they seek to support.

In their words their call is "to be with those on the edges/margins, who do not yet know their worth but have everything to teach us about God's love and justice; to be what God has shown us we can be in order for others to grasp who they can be; to be a conspirator in bringing about the Kingdom of God."

Chris came to Bangor over 20 years ago. He was baptised in Penrallt and then went away to Bible College. There he met Anna and for 20 years they have worked in Hull.

These are their prayer requests:-

- Please pray for Sarah, who we wrote about in our last link letter. She was recently taken into care and we were worried about where she might end up. Miraculously, we have learnt that she has been placed with a Christian family - long story, but they had intended to stop fostering.
- We are looking to raise around £15,000 to do some alterations to the building where we run Orts, in order to accommodate our growing numbers.
- Please pray for Nicky (21 years) who we have known since primary school. She was recently baptised on our summer camp and is looking for a church in Long Eaton / Nottingham where she now lives.
- We are inspired by Jesus and long to see those with addictions set free. Thank God for those who attend our Friday church gathering, who are finding a God who meets them in their struggles.
- Please pray for us. We've had a great year with many highlights involving others in our community in the City of Culture events, and some more tiresome moments involving a couple of thefts. Life is good as we enter our 21st year in Hull, but we value the scaffolding of your prayers.