



Penrallt Baptist Church

Newsletter for September 2011

Matthew 11: 28-30 taken from The Message version of the Bible.

"Jesus said: 'Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me – watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly.'"

"Gucci and Prada used to be my God. Now I have given my life to the Lord," she said. "If you had told me two years ago that I was going to be Christian, I would have laughed. I used to tell people, 'I'm way past saving.' Ten years ago, her idea of a good night was being bent over a toilet in a West End nightclub, snorting line after line of cocaine. Her



weight plummeted to six stone, she made repeated suicide attempts and estimates that she spent £250,000 on the drug which she first tried as a 14-year-old in a London club. The habit eventually left a gaping hole in her nose. Horrendous pictures of her at the time filled the tabloids, back in the 90s. But no longer. Danniella Westbrook, famous for playing Samantha Mitchell in EastEnders was back in the Sunday papers this summer, but this time talking about her recovery and the Christian Faith which has turned her life around.

"People are so cynical about religion in the UK," she complains. However, in 2009 she and her husband walked into The Sanctuary Church in Westminster, California, where they now live, and their lives changed. She says "The first time I came to this church, I felt something so spiritual and amazing, I wanted to cry. After a few visits I found myself walking up to the altar to ask the Lord for forgiveness for my sins. It was an incredible experience. I have realised that there have been things I have struggled with, like guilt, that I would have never found a solution for. Because there are things that a therapist cannot give me - that I can only get from Jesus Christ."

(Source: Danniella Westbrook: "God will ensure I never return to drugs." by Dean Piper and Graeme Culliford, Sunday Mirror 24/07/2011)

Minister: Revd Peter J. Cousins, 135 Penchwintan Road, Bangor LL57 2YG (01248 353878)

Secretary: Neil Rymer, 20 Brynteg, Llandegfan, Menai Bridge LL59 5TY (01248 713003)

Treasurer: Stephen Burrows, 39 Cil y Graig, Llanfairpwll, LL61 5NZ (01248 714048)

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Danniella explains that her encounter with Jesus came after crises that almost destroyed her marriage and sank her husband's property ventures. It is now their faith in Jesus that provides them with their reason to live and she has discovered a new life she could not find in rehab or therapy.

Here in Penrallt we endorse that message and encourage you to find Jesus for yourself. Perhaps the best way to do that would be to join our Alpha Course, starting at the end of September. Keeping company with Jesus is the beginning of recovery and life.

God bless,
Peter

Students

We welcome all students to Penrallt. Please make sure you pick up a welcome pack from the porch. Danielle Fifield is our student coordinator for this year and we encourage you to say "hi" to her and find out what is happening in our church over the coming months.

SERVICES IN SEPTEMBER

Note:
Evening Services
will begin at
6.00pm from
September 4th.

September 4

10.30am Geoff Birch ***Introduction to Colossians***
2.15pm Service in Bontnewydd
6.00pm Communion and Prayer Service

September 11

10.30am Peter Cousins ***A Healthy Church in a Small Town***
Surrounded by Sheep *Colossians 1:1-8*
6.00pm Baptismal Service

September 18

10.30am Roger Borlace ***What can we pray for our Christian friends?***
Colossians 1:9-14
6.00pm Peter Cousins. ***The King with Scars*** *Matthew 2:13-23*

September 25

10.30am Communion Service. Back to Church Sunday
6.00pm Back to Church Sunday. ***Keeping Company with Jesus in***
your life *Matthew 3*

Prayer Service

The first Sunday evening of the month will be marked by a prayer service in which we commit the coming month's activities to God.

Our Preaching Team for September:

Peter Cousins is the minister. *Geoff Birch* and *Roger Borlace* are retired ministers, members of Penrallt.

Faith Café

After church on Sunday evening we host Faith Café for students and young adults. Starting around 7:15 pm it is an evening of chat, interviews, music and discussions. It will begin again on September 25th.

A Plea from Susan!

If anyone is interested in helping with the food for Faith Café in any way, ie providing soup, bread, cheese or cakes for one Sunday of the autumn term or in the setting up and serving, please speak to Susan Cousins (tel 02348 353878). Many thanks.

Baptismal Service

We will be holding a Baptismal Service on Sunday evening 14th September. Speak to Peter if you would like to be baptised.

NO CHURCH LUNCH IN SEPTEMBER

Please note that there will be no church lunch this month. The next one will be on October 2nd.

SPECIAL DATES IN SEPTEMBER

Thursday 1		HGV meeting
Saturday 3		Laura Hughes will be marrying Daniel Jenkins in Ystradgynlais.
	2.00pm	Bangor Cathedral: The licensing of Revd. Dr. Sue Jones to the position of Dean of Bangor Cathedral
Monday 5	7.30pm	Deacons' Meeting
Tuesday 6	7.30pm	Alpha Team Meeting
Wednesday 7	10.30am	Men's Prayer Meeting.
Saturday 10		Ordination and Induction of Rhys Llwyd into Eglwys Y Bedyddwyr Caersalem in Caernarfon
Sunday 11		Worship workshop after morning service.
Monday 12	2.00pm	Pastoral Care Team
Saturday 24		House Group leaders' meeting at Billy and Jon's house.
Tuesday 27	7.00pm	Alpha Celebration Supper.
Wednesday 28		Cytun (Churches Together) meeting
Saturday October 1		Autumn meeting of the North Wales English Baptist Union at Sussex St., Rhyl.

Alpha Course

The new Alpha Course is due to start on Tuesday 27th September at 7pm with a Celebration Supper, and it will be an evening specially to show what Alpha is all about. It is a great opportunity to find out more about Alpha before the course proper starts the following week, again at 7pm, on Tuesday 4th October.

The course runs until 13th December, and each session starts with a free two-course meal plus tea/coffee, followed by a talk on a question such as Who is Jesus?, Why did he die?, Why and how do you pray?, How can I have faith? and many more questions. Then everyone breaks into small groups when there is an opportunity to chat about the talk and raise any questions you may have. We finish promptly at 9:30pm.

WEEKDAYS

Please check with the contact people when there are meetings this month.
HG = Home Group

Day	Time	Details	Contacts
Tue	8.00pm	HG, Nilgiri	Joan Beer (353874)
Tue	7.30pm	HG, Farrar Road	Magnus Forrester-Barker (371366)
Wed	10.30am	Men's Prayer Meeting	Peter Cousins (353878)
Wed	2.00pm	Carers' Home Group	Carol Morris (716953)
Wed	7.30pm	HG, The Nomads	Jess & Seamus Adams (421185) Susan Cousins (353878)
Wed	8.00pm	HG, Grŵp Cymraeg	Owen & Nia Lloyd Evans (352634)
Thu	10.30am - noon	HG, 76, Ffordd Cynan	Jenny Powley (364292)
Thu	10.30am	Post-Alpha Bible Study	Sue & Lawrence Moss (713793)
Thu	7.30pm	HG, Llanfairpwll	Sue & Lawrence Moss (713793)
Thu	7.30pm	HG, Bangor	Ciara Ní Bhrolcháin (07900 220496)
Thu	7.30pm	HG, A-Team	Freya Bushill (07792 080766)
Thu	7.45pm	HG, Lon-y-Deri	Gill Goodman (355256) Billy Elliott (372568)
Fri	10.30am - noon	Cheeky Monkeys	Joan Rymer (713003)
Sat	8.30am	Prayer Meeting	

NEWS OF PEOPLE

We send our condolences to **Geoff Birch** whose mother, Mabel, has just died at the Plas Garnedd home in Llanberis. The funeral will take place at Bangor Crematorium on Thursday September 1st.

We wish **Laura and Daniel** God's blessing on their wedding day in Ystradgynlais, and in their marriage.

Mark Young and **Lesley Jackson** are both recovering well from their surgery. We continue to hold them in our prayers for a full recovery.

Congratulations to **Katie Liber** on her A/A* results at A-level. We wish her God's blessing as she takes up her place at Canterbury.

At the time of going to press we have not had any news about GCSE results.

Student Coordinator

We welcome **Danielle Fifield** back to Bangor to do her Master's degree. She is going to be working with Penrallt as our Student Coordinator this year.

Missions Group Coordinator in Penrallt

We welcome **Tim Whitton** to this post. Thanks to Marilyn for sterling service over the last year, and our thanks to Tim for taking over the role.

Children's Birthdays in September

5th: Rebecca Owen; **17th**: Amy Harmens; **18th**: Catrin Donnelly;
24th: Elin Gwilliam; **25th**: Sian Thomas

NOTICEBOARD

➤ ***Worship Workshop Sunday 11 September***

A chance for worship leaders, sound and projection people, musicians, singers, creative types and anyone else who is interested, to meet, eat, talk together and think about what we do and why we do it! Pizza at 1pm, Workshop at 1.30, aim to finish by 3 at the latest. Speak to the worship deacon Deb Stammers or email her on jonanddeborah@btinternet.com.

➤ ***Walking Group Tuesday 20 September 10.30am***

Approaching Beddgelert from the direction of Caernarfon, meet in the car park just a couple of hundred yards before the village centre (590 482). Walk past Gelert's grave, then on to the Aberglaslyn Pass (one of the most photographed places in Snowdonia), through Cwm Bychan, past Dinas Emrys, the Sygun Mine Museum (site of the film set of a Chinese village used in 'The Inn of the Sixth Happiness'), and return to Beddgelert (cup of tea and/or very good ice cream). Distance 6 miles, approximate time 3 hours + lunch.

➤ **Thanks**

The church garden has been a joy this year. We thank Andrew Metheringham and his 'apprentices' for their hard work. It is nice to have flowers outside the church as well as the inside (for which we thank Gwyneth).

➤ **Art Group**

Mondays

3.00 – 5.00pm

The Penrallt Art Group will be starting again on Monday September 19th from 3.00 – 5.00pm. If you are interested in joining, please contact Gwyneth or Joan Beer – or simply turn up on the 19th.

➤ **Homeless in Bangor**

We do not recommend giving money to the homeless. Instead, £5 in one of the brown envelopes from the table in the porch of the church (placed in the offering) will buy a hot meal for them through the St. Mary's Hostel scheme. So far Penrallt has contributed £2550 to the fund.

➤ **New Art Gallery & Artworkshop**

H'Artworks is a Gallery and Artworkshop based in Beaumaris. It is run by Christian Artist Anne Snaith and offers a wide range of art and craft activities for children and adults alike. Anne will be opening up her studio to members of the public on a regular basis and invites everyone to come along, unwind, and be creative. H'Artworks can be found at The Forum, 6 Church Street, Beaumaris LL58 8AA. Alternatively, you can contact Anne on 01248 811226 (home) or 01248 812045 (studio).

➤ **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.

➤ **Pray for Penrallt Every Day**

Sign up to receive our prayer diary by e-mail every Monday morning by sending your request to: office@penrallt.org.

If you have some subject for prayer, either send it in by e-mail, or fill in one of the pink cards, which are available in the porch, and place it in the visitors' cards box or give it to Peter or Magnus.

➤ **Pastoral Help**

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

Geoff Birch 01286 870944

Pat Borlace 713146,

Eunice Smith 713296,

Judy Stammers 364394

Geoff Moore 410582

Jenny Powley 364292

Deadline for next month's newsletter Sunday 18 September

Please send information to Gwyneth
(gwyneth@brindley-wales.com or 352682)-

FOCUS ON...

"IF YOU NEVER ASK THE QUESTIONS, YOU'LL NEVER GET ANY ANSWERS....."

Everyone has questions – big questions, real questions – about Life, Injustice, Suffering, the Future, Death and other Faiths.



What ***IS*** the meaning of Life?

Why is it sometimes tough? Should it be exciting? Do you find life disappointing, or do you think it's precious? Is it worth exploring? Ever wondered what it's all about?

Alpha

The Alpha course is open to anyone interested in discovering what Christian life is all about. It is a place where people can come, relax, share a meal and thoughts; anyone can come and everyone is encouraged to ask questions delving into the meaning of life.

Here are some comments from a couple of guests on a recent Alpha course at Penrallt.

"It's helped me to clarify my thoughts and beliefs and to meet Christians and see they are normal people like me!"

"As a 'newish' Christian it has been very helpful to cover the basics! It's helped me realise that it is healthy to question, and all Christians are on a journey. I was always worried my doubts weakened my faith and so I think I buried my head in the sand with them. My faith has been strengthened. It was so nice to meet people who aren't students!"

We have run Alpha courses in Penrallt for many years and have a dedicated team of leaders and helpers. The course is supported by the Home Groups who provide meals and share the work in the kitchen week by week. Over the years we have witnessed lives being changed. Many who have come on Alpha have given their lives to Christ and followed it up by the public commitment of Baptism. All who have attended Alpha have found that there is more to life than they first thought.

People attend Alpha for a wide variety of reasons. Some want to investigate whether God exists, others may have attended church occasionally but feel they have never really understood the basics of the Christian faith. If you are a non-believer and are full of doubts about the Christian faith, come and find out what it's all about. If you question and wonder if there is a God at all, great, come with an open mind. Whatever your reasons, you will be most welcome to come on the course.

Alpha will encourage and strengthen you as each session looks at a different aspect of the Christian faith, followed by a discussion in small groups. You'll discover more about the meaning of Life in a relaxed setting, with nice food, good company and it will cost you nothing except your time.

Alpha in Penrallt is run over a period of 12 consecutive Tuesdays starting with the celebration supper on the 27th of September. There is an Away Day on Saturday the 12th of November which will be at the Beechwood Court in Conwy.

Media headlines constantly remind us of riots, the financial crisis, our broken society, dysfunctional family situations, crime, war, famine, escapism into drugs and alcohol. Where is God in all this? Where do the answers lie?

Come... let's explore together... and invite your friends, neighbours and relatives to come too.

Alpha - An Invitation to Pray - Autumn 2011

At Penrallt, please pray for:

- * Penrallt folk as they pray for those people they are to invite as guests, that obstacle that would stop someone attending be removed,
- * Each guest on the Course, that they will experience and respond to the love of God,
- * Penrallt folk to be committed to prayer throughout the Alpha course, especially on Tuesdays,
- * the preparations for the Celebration Supper on 27th September,
- * each community represented here to be transformed and re-evangelised,
- * the placing of flyers/adverts, that people will read them and will be drawn to the Alpha course,
- * And in quietness, wait for the Holy Spirit to speak to us,
- * the 2011 Penrallt Alpha Team: ~ Margaret, Roshni, Sue, Lawrence, Pat, Neil, Kirsty, Matt, Jeff, Ben, Brian, Penny, Adrienne, Keith, Jill.
- * the Holy Spirit's leading to be clearly recognised and followed by all the Alpha Team.
- * the Alpha Team Training events:
 - 13th September: Pastoral Care
 - 20th September: Leading Small Groups
 - 10th November: Ministry on Alpha
- * the Away Day at Beechwood Court on 12 November,
- * Penrallt House Groups who will be involved in the Alpha Meals each Tuesday

Jesus, we know, ***'lives to intercede' for us*** (Heb 7.25),

The Father, we know, ***'longs for every single person you know to hear the gospel'*** (2 Peter 3:9) and

We know ***'the Spirit himself intercedes for us with groans that words cannot express'*** (Rom. 8:26).

That's why the Alpha Invitation is really **two** invitations, not one. As well as the church's invitation to join us on an Alpha Course, there is also God's continual invitation to the church to join Him in heaven's **24-7 prayer meeting**.