

Should I reframe my response in light of the cross?

A couple of years ago someone shared with me that it is quite often worth reflecting on the question, 'Does applying the cross of Jesus change my thinking in this situation?' For me it was quite a profound moment. The cross of Jesus changes everything. This is true if I am struggling with any problem, any issue or any situation. If I then step back and think about the cross and all of the things that it means, does any aspect of the meta-narrative of the cross of Jesus Christ enable me to reframe my scenario? Or should it affect my feelings towards that scenario, or how I am planning to react to it?

The cross of Jesus changes everything for me. It makes the impossible, possible. It means that when I have done something wrong, I don't need to hide away from God and face his just wrath and judgement. The cross of Jesus has made a way for me to come to God in repentance through faith and to receive forgiveness and know his love. The cross reminds me that God did it all for me. I didn't do that. The cross reminds me that I can't earn my salvation. The cross reminds me that God had a plan from the beginning of time for my salvation. The cross is the ultimate revelation of the character of God. I could continue...

1 John 3v16: "This is how we know what love is: Jesus Christ laid down his life for us."

The cross is the ultimate emblem of grace and forgiveness and love and truth.

So is it worth stepping back from your scenario, and thinking – 'should I reframe my response in light of the cross?'

Blessings,

John

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Information in this newsletter is correct, as far as possible, at the time of publication. Please see the website for up to date information, as details are subject to change.

Church Office

The church administrator, Magnus, can be contacted on office@penrallt.org or 07934 231788 during the church office opening hours (10am – 4pm Monday to Friday, except Bank Holidays).

Deadline for next month's newsletter: Sunday 23rd April.

Please send information to Magnus (office@penrallt.org). All items should be submitted by email as early as possible.

Holy Week / Easter Events

Thursday 6th April (Maundy Thursday)

6pm; Maundy Thursday communion service — a quiet, reflective service to prepare us for Good Friday and Easter.

Friday 7th April (Good Friday)

Cytûn Passion Play, at various locations in Bangor starting 11:45am at the bus station garden (arrive from 11:30am).

Sunday 9th April (Easter Sunday)

Cytûn Easter Service, 7am at Roman Camp, followed by breakfast at Penrallt.

All-age Easter service at Penrallt, 10:30am (*see next page*).

Cytûn (Churches Together in Bangor) celebrates the diversity of the Christian presence in the city of Bangor, bringing together churches from a wide range of denominations.

Service Videos

Recordings of sermons from morning services are available on our [YouTube channel](#) and our own [website](#). Please contact the [church office](#) if you would like a link to recordings of full services.

Giving

We take up an offering during our morning services. There is also a donations box at the back of the chapel which you can use 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 Averil (treasurer@penrallt.org), who will be able to advise.

Morning Services This Month

Morning services start at 10:30am on Sundays and continue to be in a hybrid format, in the building and on Zoom; see the website for a Zoom link, as well as recordings of past sermons. Children and young people go out part way through the service for Sunday school (Primary school / up to 11) or *Deeper* (Secondary school / 11 – 17); crèche facilities are also available for younger children. For all-age services, the children and young people remain in the service but crèche facilities are still available if needed.

Sunday 2nd April (Palm Sunday)

The Triumphal Entry.

Mathew 21:1–11. Preacher: Donald Poirot.

Sunday 9th April

All-age Easter service led by John Thompson.

Sunday 16th April

Learning from Thomas: From doubting to believing.

John 20:19–29. Preacher: Ama Eyo.

Sunday 23rd April

Transformed by the resurrection: Two disciples (feeling low).

Luke 24:13–35. Preacher: John Thompson.

Sunday 30th April (Communion)

Transformed by the resurrection: Peter (having failed).

John 21:1–23. Preacher: John Thompson.

Evening Services This Month

Evening services begin at 6pm on Sunday evenings and take place in the chapel, except where otherwise noted. Unlike morning services, these are not usually broadcast or recorded. There are no evening services on Palm Sunday or Easter Sunday (2nd / 9th April). Services planned for the rest of the month:

Sunday 16th April

Contemplative service with communion.

Sunday 23rd April

Prayer meeting on Zoom (see website for link).

Sunday 30th April

African themed thanksgiving service of worship and praise, led by Ama Eyo.

◇ **Bangor YFC**

The Bangor Youth For Christ project is now getting under way and we (Penrallt, Mosaic and St. John's with support from other local churches) are recruiting for a Centre Director. Please email bangoryfc@gmail.com for an application pack (closing date is 24th April).

We are aiming to hold a monthly prayer meeting to pray for this project. The next meeting will be on Wednesday evening 3rd May, venue and time to be confirmed.

◇ **Church Lunch: Sunday 2nd April**

We have restarted our monthly bring and share church lunches after the morning service on the first Sunday of the month (immediately before our monthly fellowship event). All are welcome. Please bring a plate of finger-food to share.

◇ **Church Members' AGM**

The Annual General Meeting for church members will take place on **Monday 24th April** at 7:30pm in the building and on Zoom. Papers will be circulated to members in due course. If you would like to find out about church membership please speak to John (minister@penrallt.org) or Owen (secretary@penrallt.org).

◇ **Fellowship Walk**

We are planning to have a walk on Sunday 2nd April from Penrallt to Bangor Pier, via Roman Camp (and back). There will also be a walk on 7th May, but the details are yet to be confirmed.

◇ **Foodbanks**

Bangor Cathedral Foodbank 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. To find out more please visit www.bangorfoodbank.org

Mosaic church also have a Foodbank at Coed Mawr Community Centre, which is open 9:30 – 11 on Tuesday, Thursday and Saturday mornings. Contact Christine King on 07734 667011.

◇ **Hardship Fund**

The church has a small fund to help people in need. If you find yourself in financial difficulty or know someone else that is struggling, please speak with Sarah Jackson (sarah.jackson.home@gmail.com) or John Thompson (minister@penrallt.org) in confidence. If you are in a position to add to the hardship fund, please speak to Averil Francis (treasurer@penrallt.org).

◇ **Homegroups / Contact, Care & Prayer**

We encourage you to join one of our homegroups if you are not already in one, as they are invaluable in helping us to deepen our relationship with the Lord and with one another. There are groups on Monday, Tuesday, Wednesday and Thursday evenings and on Tuesday and Friday mornings. Most groups meet weekly, though some are fortnightly and we have groups meeting in person and groups meeting online (or a combination of the two).

We also have "contact, care and prayer" to enable people to stay connected even if they are not in a homegroup. This is where a member of the pastoral care team would contact you every 3 weeks or-so to ask how you are and if you'd like to receive prayer support. Please contact the [church office](#) if you are not part of contact, care & prayer or part of a homegroup and would like to be.

◇ **Kindle Kid's Club**

Kindle is a (free) fortnightly kids' club on Fridays from 6 to 7pm. All primary aged children are welcome and there is a space for parents to stay and chat over a panad while the club is on. The first session of the summer term will be on **Friday 21st April**. For more information, contact Becca (youth@penrallt.org).

◇ **Men's Fellowship**

Our men's fellowship group will meet on Monday 3rd April at 6:30pm in Canolfan Penrallt to learn about the history of Penrallt (there will also be food involved). All men are welcome. Please let Neil Rymer know if you would like to receive emails about future events (usually the first Monday evening of the month).

◇ **Missions Prayer Meeting**

7:30pm on Wednesday 19th April on Zoom — everyone is welcome to come and pray for our mission partners. Contact Magnus (office@penrallt.org) if you would like the Zoom details.

◇ **Open The Book**

Cytûn have an *Open the Book* team that goes into Ysgol Hiraël to deliver dramatized Bible Stories. Open the Book is an initiative by the Bible Society and is a fun and effective way to have a Christian presence in assembles at primary schools, and also a great way for Penrallt to continue our links at Hiraël. Please speak to Magnus (office@penrallt.org), a member of the team, to find out more.

◇ **Penrallt on Facebook and YouTube**

We have three Facebook groups:

- *Penrallt* (www.facebook.com/groups/2402772192)
a general group for information and social interaction
- *Penrallt Prayer Point* (www.facebook.com/groups/30262793231755)
a private group to share prayer requests and encouragements

- *Penrallt Students* (www.facebook.com/groups/195300234272943)

We also have a YouTube channel and a Facebook page (both called *Penrallt Baptist Church*), as well as another Facebook page for our young people:

www.youtube.com/@penralltbaptistchurch

www.facebook.com/penralltbc

www.facebook.com/penralltyouth

◇ **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: Jan Ablett (07703 188632); Magnus Forrester-Barker (07890 109645); Geoff Moore (01248 410582); Monica Morris (07827 472637), Abi Penney (01766 890624); John Thompson (07931 150697). Please pray for them.

◇ **Prayer Resources**

Send prayer requests, thanksgivings and testimonies to our email prayer diary via office@penrallt.org — use this address, too, to subscribe to the prayer diary, which goes out every week (usually on Mondays). There are also prayer cards in the church porch that you can use to submit items for the prayer diary.

We also have a more interactive Facebook prayer group (*Penrallt Prayer Point*: www.facebook.com/groups/30262793231755). 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** (NB there is no prayer meeting on Easter Saturday, 8th April); please contact the church office if you need the connection details for either meeting (also listed at the bottom of our email prayer diary each week). Our monthly evening prayer meeting is part of our evening service structure; this month it will be taking place on Zoom on **Sunday 23rd April at 6pm**.

◇ **Renew 57**

All are welcome to come to Penrallt on a Thursday morning, where the Canolfan (rear hall) is open from 10:30am to 12:30pm. Bring a hobby to share with someone else, have a cup of tea or coffee and some toast and a chat. There is a separate prayer space (in a different room) available throughout this time for quiet reflection with optional opportunities to be led in short gentle contemplative prayer in the prayer space at the beginning and the end. 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. Please pray for the team. If you'd like to know more, speak to Adrienne (adrieferrada@hotmail.co.uk) or Magnus (office@penrallt.org) or, even better, drop in and see for yourself.



◇ **Soul Sisters**

Saturday 15th April, 10:30 – 12:00 (a week later than usual, due to Easter). Our Speakers are volunteers with Street Pastors, Food Bank and Open the Book. Come and join us to hear of the good work being done in the local community. A warm welcome is extended to all women, including friends and family.

◇ **Students**

We love to welcome students as part of our church family. If you would like to know more about what activities are available, or if you just want a friendly chat, our student co-ordinator, Becca (students@penrallt.org) would love to hear from you. Also, don't miss our student Facebook group: *Penrallt Students* (www.facebook.com/groups/195300234272943)

◇ **Youth: Ignite and Deeper**

Our main youth activities are a Thursday night group called *Ignite* (usually meeting in the Canolfan at 7pm) and a Sunday morning group, *Deeper* (during our morning services). Ignite is open to all, and is a social evening with games and activities. Deeper provides opportunity to find out more about the Christian faith. Find out more on our youth website, www.penrallyouth.org, as well as our *Penrallt Youth Facebook page* and *Instagram group*. Contact our youth worker, Becca (youth@penrallt.org), for more information.

Focus on...



Spurgeons Children's Charity

Inspired by their Christian faith, Spurgeons mission is to provide support for children, young people and families who are experiencing difficulties or challenges so that they can have a better present and a hopeful future.

Spurgeons was founded in 1867 by one of the most well-known public figures of the day – a Baptist preacher called Charles Haddon Spurgeon. Following a generous donation of £20,000 from Anne Hillyard, he founded an orphanage in Stockwell, south London. The Spurgeons Home moved first to Surrey and then to Kent after the war, but closed in the late 1970's. Since then, Spurgeons has supported vulnerable children and families through many different types of work across the UK. Today, the charity has contact with over 30,000 children and adults, whilst working more intensively with over 3,000 children and young people.

Spurgeons services include children centres and family hubs, prison-based family support, services to support young carers, families affected by domestic abuse and to girls and young woman in, or at risk of, joining gangs. Parenting courses and support are also offered by Spurgeons, and more recently, school counselling and support through the services of Fegans, which transferred into Spurgeons in July 2021.

Children's Centres: more intensive support for parents with higher needs

Around 1 in 3 children in the UK live in poverty and 1 in 10 are 'in need'. Poverty has a negative impact on children's mental and physical health and education - it can even shorten their lives. Spurgeons wants to protect vulnerable children, to intervene at an early stage to support their families before the impact of poverty takes hold. The Children's Centres they run across the UK are focused on areas of higher deprivation. Through them, Spurgeons works one-to-one with parents of more vulnerable under 5s (often alongside other agencies).

Together for Families: general family support provided by communities

Cutbacks have made it hard for some parents to access general support around caring for their children and helping them to develop. What's missing is a local friendly space where parents can spend time with their babies and children, safely share their experiences and concerns, get ideas and reassurance, and make supportive friendships. Together for Families (T4F) is an innovative project, where T4F staff based at Children's Centres partner with churches and community groups to bridge that gap.

Prison-based Family Support Services: making prison visits less daunting

Having a father in prison can be very traumatic for children; the pain of separation and the anxiety involved in visits to a large building with uniformed officers and tight security can be a huge burden. The experience can drive children of prisoners to develop behavioural problems and ultimately get involved in crime themselves (63% of boys with a parent in prison go on to offend). It's also hard for the parent in prison — often they don't see their children grow up, and find it really challenging to reintegrate back into the family on release.

Dad.info: Europe's largest advice and support website for Fathers.

Dad.info talks directly to Dads at every stage of their parenting journey. It has a huge library of resources covering everything from Fights to Finances, Meltdowns to Menstruation. It offers a free and moderated forum most often used by men undergoing divorce proceedings who need support navigating the minefields of court hearings and contact arrangements. The forum is also supported by Fegans Parent Support Services volunteers, offering parenting support online. Spurgeons champions Dads and equip them with the skills and knowledge they need for the challenge of fatherhood.

For more information visit the Spurgeons website: <https://spurgeons.org/>