



Penrallt Baptist Church

Newsletter: February 2015

From the Minister:

10 things you won't believe about lists you read on the internet.

1. Despite the title we will probably believe these things because we're gullible.
2. Making a list stimulates curiosity and persuades people to read this rubbish.
3. The items listed are never very interesting when you read them.
4. The whole exercise is so trivial you'll forget it all in three minutes (two minutes if you're a goldfish).
5. Lots of people think it's a good idea to post these lists on Facebook.
6. The lists are often thinly disguised adverts.
7. You can compile these lists in ten minutes using Google.
8. I was too lazy to use Google so I just made my list up as I went along.
9. They are never compiled by genuine experts. Genuine experts have better things to do with their time.
10. This is a good way to write a leader for the Penrallt monthly newsletter when you're suffering from extreme writer's block and are desperate to attract people's attention.

So would Jesus use the technique?

Perhaps we might imagine a first century blog that goes . . .

4 Types Of People Who You Won't Believe

A sower went out to sow, but you'll never believe what happened next!

1. *Tarmac Tara*: The good seed landed on the road and all sorts of arguments came down and ate it up like birds: creatures such as the All-Christians-Are-Hypocrites humming bird, or the It's-A-Load-Of-Fairy-Tales finch, or the I-Want-The-World-To-Be-My-Kind-Of-Perfect pigeon. In the end she couldn't be bothered checking the issues out.

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2. *Rock Garden Roland*: The good seed fell in the rock garden and flourished until the hot summer came along and under stress he just couldn't handle the hassle, especially when his family started making snide comments. (You might have to use your imagination for the hot summer bit.)

3. *Thorny Thora*: She was doing very nicely and happy in her faith until she got too busy to pay it much attention. Her thorns all had names of course too: I'm-Too-Busy-At-Work warbler, We've-Had-Loads-Of-People-To-Stay starling, and . . . Oh! Go on, make a few up yourself.

4. *Faithful Fred*: He's still going strong and enjoys believing. A really cool dude who loves Jesus and makes a big difference to a sometimes sad world.

Believing is a complicated thing. We're swayed by a myriad emotional responses, mental inertia, woeful ignorance and old fashioned, bigoted prejudices. You won't believe? Maybe we won't. Most folk take time to come to a strong assurance of faith, and even then it's very easy to slip backwards rather than going forward. Mercifully the internet hadn't been invented in the first century so in one of our morning services this month we'll take a better look (it can't be worse than what I've written above) at this story which Jesus told.

God bless,

Peter

Notice of Works

Our Victorian drains have become completely unserviceable and so they will be replaced. The work is due to start on Monday 27th January and last a fortnight, so expect some disruption to the Canolfan, and please be health and safety conscious around the premises.

Services This Month:

1 February

10:30am **There's no need for a blind leap of faith. Step into the freedom Jesus is offering you.** *Mark 3:13-34*

6:00pm Communion Service. *Joshua 1:1-9*
What does God think is the most important moment of your day?

8 February

10:30am **Soil Science. How receptive am I? Would Jesus agree?** *Mark 4:1-20*

6:00pm **How do you celebrate a violent victory and follow the path of peace?** *Joshua 6:1-27*

15 February

10:30am **How God's Kingdom grows in a stony, foreign world. Mission and Miracle go hand in hand.** *Mark 4:35-5:20*

6:00pm **How to shoot yourself in the foot (spiritually speaking)** *Joshua 7:1-26*

22 February

10:30am Communion Service. Speaker: Geoff Birch.

6:00pm Speaker: Delvin Varghese.

Our Speakers in February

Peter Cousins is our minister and is the speaker except where otherwise noted (he is likely to be going on sick leave soon; if this happens during February the services will be covered by other people and details of the sermons will change). **Geoff Birch** is a retired Baptist minister and member of Penrallt. **Delvin Varghese** is our student co-ordinator and is currently studying for a Master's degree in computer science.

Faith Café

After church on Sunday evenings we host Faith Café for teenagers, students and other young adults. Starting around 7:15pm, it is an evening of chat, interviews, music and discussions. There is a short programme at around 7:40. There is no set time to finish so stay and chat if you wish.

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 8 Rob Brook leading at Llangristiolus parish church.

Sunday 15 James Goodman leading services (Welsh and English) at Cildwrn;
Elaine Green leading at Holyhead English Presbyterian;
Jon Stammers preaching at Menai Bridge Presbyterian.

Sunday 22 Rob Brook leading at Llangaffo parish church.

If you will be ministering to other congregations and would like to be included in this list in future months, please send details to Magnus in the church office.

Dates For Your Diary:

Monday 2	7:30pm	Deacons' meeting.
Tuesdays	7pm	Pastoral Care Course (every Tuesday in February).
Wednesday 4	10:30am	Men's prayer meeting followed by coffee in Options.
Thursday 5	7:30pm	Cytûn AGM in Berea Newydd.
Saturday 14	9:30am	<i>Bible Unzipped</i> at Rhos on Sea URC.
Monday 16	10:30am	Church Walk.

Further details of most of these events can be found in the Noticeboard section later in this newsletter.

News of People:

Congratulations to **Geoff Moore** who retires at the end of February.

Mandy Shanks is still unwell and preparing for radiotherapy this month. **Lesley Jackson** is still suffering from shingles. **Lyn Isak** is home from hospital and recovering.

Mavis Richardson (Jill Graham's mother) is now living in Cae Garnedd.

Children's Birthdays in February:

1st: Morgan Goodman

7th: Afan Hedd Whitton

11th: Amelie Goodwin, Max Osborne

25th: Inge Snyman

Weekday Events:

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

Noticeboard:

◇ **Baptism**

Are you considering being baptized? If so, please talk to Peter as we are beginning plans for the next Baptismal Service.

◇ **Bible Unzipped**

Saturday 14th February 9:30am-1pm

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. We meet monthly on the second Saturday morning at Rhos-on-Sea URC from 9:30am to 1pm. Each morning includes three sessions which develop a theme through the term. The course is free and we can probably arrange a lift for you (ask Peter). This month: *Revelation, Part 2* (taught by Julia), *Struggling with Difficult Bible Passages* (text/speaker TBA), *The Synoptic Gospels, part 1* (by Phillip Nye).

◇ **Car Parking**

The car park next door to the church is pay and display with no special rates for the disabled. Morrisons car park only allows you to park for two hours. We recommend that you use the Fron Heulog (School of Healthcare Science) 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**

Please note that, because of the special church lunch on 25th January as part of our 10th Anniversary Celebrations, there will be no church lunch in February. It will resume as normal in March.

◇ **Church Walk**

Monday 16 February

Meet at Caban car park, Brynrefail at 10:30 and bring a packed lunch. The walk is approximately 6 miles and we will be mainly on tarmac and firm pathways. We will make our way through Cwm Y Glo to Bryn Bras Castle and up onto the old Caernarfon Road via a fairly steep climb. The views from the top are well worth the effort of the climb. We drop down into Llanberis and visit Dolbadarn Castle and then make our way back through the paths of Padarn Park. Hopefully call in at a tea shop towards the end of the walk or Caban at the end. Any queries, ring Geoff and Marilyn: 01286 870944.

◇ **Cytûn AGM**

Thursday 5 February 7:30pm

This will be held at Capel Berea Newydd. All are welcome. Please come to hear reports, appoint officers and welcome 2015 Chair Rev Chrissie Howe. The guest speaker is John Robinson, who says: "I serve as the Strategy Leader for a missions organisation by the name of *The Celtic Languages Teams* with our headquarters in Wales (Penrhosgarnedd). As a missions organisation, we believe that each person has the right to hear the Gospel, grow in his faith and develop Christian community and fellowship through the medium of his heart language, namely the Celtic languages especially."

◇ **Free TV**

Sony Wega Trinitron, wide-screen, 27" (it's an old-style TV, so the depth is 20"). In perfect working condition. Comes with Sony remote control, Freeview box and controller. Free to a good home. Please contact Roger Borlace (rborlace@hotmail.com; 01248 713146) for details.

◇ **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 (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 group dedicated to prayer (NB if your request to join the group is not granted, please contact the church office as we may have been unable to identify you; the group is only open to people with a definite connection to Penrallt).

◇ **Homeless in Bangor**

The church's policy is not to give money directly to the homeless in Upper Bangor. You will find brown envelopes in the porch for a gift that will buy meal vouchers which are distributed to the homeless by the Cathedral. So far Penrallt has contributed about £6,000 to this scheme.

◇ **Men's Prayer Meeting**

Wednesday 4 February

10:30am

Time spent in prayer will be followed by coffee in Options. All are welcome to join us.

◇ **Pastoral Care Course**

Tuesday evenings in February from 7-9pm

Open to all, including students. And it's free! God wants us all to care for each other pastorally. We are running a short course on Tuesday evenings in February aimed at helping us improve our pastoral skills. It is organized by the Pastoral Care Team (see "Pastoral Help", below) and the various facilitators are all members of Penrallt. The course is called ***What Could I Say: Finding the Right Words*** and offers a guided discussion on the best words to use when reaching out to people and offering pastoral help.

Tuesday 3rd Feb: *Addiction* (led by Huw Harries and Helen)

Tuesday 10th Feb: *Singleness* (led by Magnus) and *Homosexuality* (led by Peter)

Tuesday 17th Feb: *Prejudice* (led by Pat Borlace) and *Loss of Faith* (led by Dave)

Tuesday 24th Feb: *Self Esteem* (led by Geoff Moore and Adrienne) and
Stress and Anxiety (led by Judy)

◇ **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

Adrienne Ferrada

Geoff Moore 410582

Dave O'Brien 671848

Judy Stammers 364394

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.

◇ **Sunday Afternoon Services**

We have resumed visiting residential homes in the area once a month on a Sunday afternoon. We are alternating between Haulfre (in Llangoed, on Anglesey, starting at 2:15pm) and Plas Garnedd (in Llanberis, starting at 2:45pm), usually on the second Sunday. Please see weekly news sheets for confirmation. In February we are due to visit Plas Garnedd on Sunday 8th.

◇ **Urgent Job Vacancies in Penrallt**

If you are a Church Member would you please consider offering yourself for one of these two posts, currently vacant.

Cytûn Representative: Cytûn is the Churches Together organization in Bangor. Increasingly we are working with the other churches in our city and it is vital to have a representative on the Cytûn committee.

You will represent Penrallt in the meetings (about six a year) and report to the church. You will be involved in events like the Week of Prayer for Christian Unity, the Good Friday Walk of Witness and the Easter Sunday service on Roman Camp. Penrallt is an enthusiastic supporter of Cytûn so expect plenty of support.

Health and Safety Officer: Penrallt has adopted a Health and Safety Policy but it needs to be implemented. Please be the one who ensures that the users of our building stay safe by our having a robust scheme in place.

We are not aware of any major problems at the moment, but the Policy does need to be fully implemented in certain areas.

From the church office:

It is good to see Penrallt people working together to make the 10th Anniversary Celebrations a real success. As we go to press, the weekend has not yet happened but we thank you in advance for all your hard work!

Deadline for next month's newsletter: Sunday 15 February.

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

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

Focus on...



Kathy Russell serving with BMS in Mozambique

Kathy previously practised as a lawyer in Australia and then England with a focus on family law and child protection. She is now working with the Baptist Convention of Mozambique and with their blessing, the Association of Mozambican Christian Lawyers (*advogados*) – ‘AMAC’, using her skills to help develop justice and advocacy ministries. Kathy is part of a small BMS team there, including others with legal backgrounds and experience.

The AMAC has opened its first two legal offices this year, one in Beira where the team are based, and one in Maputo. So the team are now also visiting Maputo regularly to support the legal officer based there. So far clients have mainly been victims of violence, family law cases and people needing help with inheritance cases - widows or children.

One of the recent initiatives in the Beira legal office is Community Legal Education. The legal officer there has commenced providing seminars or talks to people in churches and schools about their rights and responsibilities – so far mostly about marriage, family law and inheritance.

Kathy has also been working to establish a strong fellowship of Christian lawyers who can learn about doing justice God’s way and support one another as they do. Monthly gatherings have recently been established in both Beira and Maputo.

A big issue close to Kathy’s heart is the protection of children from abuse and the resulting harm. At the invitation of the Baptist Church pre-school for disadvantaged children, PEPE, Kathy and her colleagues have prepared and presented seminars on child protection. Arising from this the team have been requested to assist with a child protection policy.

Kathy will be at Penrallt on Sunday 8th March to share more about her work with BMS.