



Penrallt Baptist Church

Newsletter: January 2017

Happy New Year to you all!

Well here we are again the start of a new year full of the sense of potential and the promise of opportunity! One of the features of a New Year are the resolutions we make either publicly or privately. Now making resolutions is easy to criticise as we know that most resolutions don't last very long! Maybe you have made a list like the one to the right only to realise that it is the doing "more" part of a resolution which is the problem! (However for some resolutions replace the "more" with "less" – eat less, drink less etc. – but the guilt and the result can be just the same!) Often we set goals which are inherently unachievable as we don't break them down into smaller enough chunks and then we lose motivation, and that is often by day two!

Whilst we all I expect have areas of our lives however small that we want to develop, we know that the resolve to do that can come every day not just at the start of a New Year. The mercies of the Lord are new every morning and He is faithful. He has shown Himself to be one who keeps His promises, and we can have confidence that each and every day we can move forward in Him.

If you are looking for a spiritual resolution, and in fact a resolution to be the foundation for everything else, you could do worse than to spend time reflecting on what the Apostle Paul wrote in Philippians 3:7-10.

Paul has realised that it is only in Christ that we will have the foundation for life that we need. "But whatever gain I had, I counted as loss for the sake of Christ. Indeed, I count everything as loss because of the surpassing worth of knowing Christ Jesus my Lord." It is not that there is no worth in what he has achieved or received, but that he now knows that it can never compare to Christ and what he has gained in Him.

THE *Ultimate* LIST

1. GET MORE SLEEP.
2. DRINK MORE WATER.
3. GET MORE EXERCISE.
4. READ MORE.
5. GET MORE ORGANIZED.
6. CLEAN MORE OFTEN.
7. EXPLORE MORE.
8. RELAX MORE.
9. HAVE MORE PATIENCE.
10. FORGET DOING 'MORE'.

Just try your best.

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Paul had achieved much and been recognised for it, but in choosing Christ that was taken from him, however he sees it all as rubbish, manure in fact compared to the righteousness he now has that he could never have earned. "For His sake I have suffered the loss of all things and count them as rubbish, in order that I may gain Christ and be found in him, not having a righteousness of my own that comes from the law, but that which comes through faith in Christ, the righteousness from God that depends on faith."

Paul ends this amazing section by declaring that he wants to "know him and the power of his resurrection." Here is a real focus for a believer, in fact anyone, to know Christ and to live in the power of eternal life which starts now. Here is a resolution for all of us at the start of this New Year – to know Christ better at the end than at the beginning...

Rob Beamish

Services This Month

1st January

10:30am Speaker: Geoff Birch

Now go out where it is deeper *Luke 5:1–11*

6:00pm Testimony Service led by Andrew March. There will be space for you to share what the Lord has been doing in your life this past year, or to request a song (or both).

8th January

10:30am Speaker: Deb Stammers

Advent: The Magi *Matthew 2:1–12*

6:00pm Communion Service. Speaker: Roger Borlace

Hope in the Lord *Isaiah 40:25–31*

15th January

10:30am Speaker: Simeon Baker

Living under His wings *Ruth 2:1–19*

6:00pm Speaker: Simeon Baker

The battle belongs to the Lord *2 Chronicles 20:1–17*

22nd January

10:30am and 6pm services led by BMS mission partners.

29th January

10:30am Communion Service. Speaker: Geoff Birch

6:00pm Speaker: Jon Stammers

The shape of biblical faith *Psalms 77; Matthew 14:22–33*

Our Speakers This Month

Simeon Baker is Director of Mission for the Baptist Union of Wales. The remaining speakers are all members of Penrallt.

Dates for Your Diary

Saturdays	8:30–9:30am	Prayer meeting in the Twrgwyn Room.
Wednesday 4	10:30am	Men's prayer meeting followed by coffee.
Sunday 8	2:15pm	Service at Haulfre residential home in Llangoed (near Beaumaris).
Monday 9	7:30pm	Church members' meeting.
Saturday 14	9:30am–1pm	<i>Bible Unzipped</i> (Mission Shaped Ministry #1) at Rhos on Sea URC.
Monday 16	10:30am	Church walk at Beddgelert.
	2pm	Pastoral Care Team meeting.
Wednesday 18	7:30pm	Opening service at Penrallt for the Week of Prayer for Christian Unity . The service will be led jointly by Penrallt and Bangor Community Church, on the theme of <i>Reconciliation: the love of Christ compels us</i> (2 Cor. 5:14–20).
Friday 20	7:30pm	WPCU service at Berea (with Our Lady & St. James): <i>One has died for all so they live no longer for themselves</i> (2 Cor. 5:14–15).
Sunday 22	3pm	WPCU service at St John's Methodist: <i>Everything old has passed away; everything has become new</i> (2. Cor 5:16–17).
Monday 23	10:30am/7pm	<i>Alpha</i> begins at Penrallt (see inside back page for more information).
	7:30pm	WPCU service at Eglwys Emaus (formerly Penuel/Pendref), with St. John's: <i>God reconciled us to himself</i> (2 Cor. 5:18).
Wednesday 25	10am–4pm	Day of Prayer for Refugees at the Deiniol Centre (to be confirmed), led by Religious Society of Friends, Bro Deiniol Ministry Area team & Hope Church, with worship from 1 to 2pm.
Monday 30	7:30pm	Missions Group meeting at Sarah Jackson's house.

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

Children's Birthdays in January

1 st : Ben Thomas	3 rd : Belle Owen	18 th : Jay Mapatac
19 th : Siân Snyman	20 th : Miriam Harmens	25 th : Amy Owen

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 not all these groups meet every week. Please check with the contact people to find out when and where they are meeting this month.

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	Bethesda	Jon & Deb Stammers (602868)
Wed	7:30pm	Nomads	Pat & Roger Borlace (713146)
Thu	10:30am	Llanfairpwll (am)	Sue & Lawrence Moss (713793)
Thu	7:30pm	Llanfairpwll (pm)	Sue & Lawrence Moss (713793)
Fri	10:30am–12:30pm	The Lydias	Freda Birchall (371316)

Noticeboard:

◇ **Bible Unzipped**

Saturday 14th January

Our monthly theology seminar is making a fresh start in January with a year-long programme on the subject of mission-shaped ministry. The sessions will, as usual, take place on the second Saturday of the month at Rhos-on-Sea URC, in 3-month blocks with a month off in between, and will run from 9:30am to 1pm. There is a cost of £45 to cover materials for the year, but you are welcome to try a session for free. For more information please contact the church office or visit missionshapedministry.org/northwales17

◇ **Church Lunch**

Please note that this month's Church Lunch will be on **Sunday 8th January** (a week later than normal), after the morning service. Please bring enough buffet-style food for yourself and one or two others.

◇ **Church Walk**

Monday 16th January

An easy linear walk along Lon Gwyrfaï from Rhyd Ddu to Beddgelert, 4.5 miles. It's a well surfaced path so hopefully won't be too wet and muddy. Meet at 10:30am in Rhyd Ddu. Take the A4085 from Caernarfon, at Rhyd Ddu turn right onto B4418 (Nantlle). Free parking in 2 lay-bys, the 1st 200 yards on right, 2nd 50 yards further up on left... meet here. As usual bring a packed lunch and wear suitable footwear, refreshments at Beddgelert. For more information, contact Mari and Ian (421783).

◇ **Faith Café**

A big thank you to all who contributed to Faith Café last term. It will be starting again on January 15th. Contact Mari Kelso (421783) if you would like to contribute soup, cheese, bread or cakes for the coming term. Thank you.

◇ **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: Pat Borlace (713146); 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 warned that some of them can be aggressive. 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.

◇ **Sunday Afternoon Services**

We visit residential homes in the area once a month on a Sunday afternoon, alternating between Haulfre (in Llangoed, on Anglesey, 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 Haulfre on **Sunday 8th January** but please check with the church office or see that week's news sheet to confirm that this is going ahead.

◇ **Used postage stamps for BMS**

The Baptist Missionary Society raises extra funds by selling used postage stamps (also coins, medals, old postcards and pre-1950 greetings cards). Please trim stamps leaving 3mm (1/8inch) of envelope all round. Labelled packets may be left in the Church office.

Alpha at Penrallt 2017

Alpha at Penrallt is open to anyone interested in discovering what Christianity is all about.

It's where people can come in a relaxed, informal atmosphere, have light refreshments, listen to a talk and have an opportunity to share their thoughts; anyone can come and everyone is encouraged to ask questions delving into the meaning of life.

A significant change for the 2017 Alpha at Penrallt is the introduction of a morning course for anyone who for any reason is not able to come in the evening. The Courses will run at Canolfan Penrallt Centre over a period of 10 consecutive Mondays starting with the first Session on 23rd January. The Monday **morning course** starts at 10:30am, the Monday **evening course** starts at 7pm. There is an Away Day on Saturday 4th March for both courses. Both courses are free. All are welcome to attend but we would be grateful if you could let us know if you are coming so we can keep track of numbers (please contact either Lawrence Moss – see below – or the church office for this purpose).

Our mission is to do as Jesus said in Matthew 28:18-20, be challenged by Paul's words in Romans 10:14, and act on them. Please pray for all who you can invite to come on the courses.

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 not convinced about Christianity and/or are full of doubts about the Christian faith, come and find out what it's all about. If you question whether there is a God, great, come with an open mind. Whatever your reasons, you will be most welcome to come on either of the courses.

Please contact either Lawrence Moss (07933217087 or 01248 713793), Cath Owen (01248 600749), or Brian Wheatcroft (01248 602516) if you would like to discuss any details of the courses.



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

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

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