



Penrallt Baptist Church

Newsletter: May 2022

This month, locally we see the launch of our wellbeing drop-in outreach here at Penrallt. Nationally, we have the Queen's Platinum Jubilee. Internationally we continue to pray for the ongoing trauma in Eastern Europe caused by the tyranny of Putin's government in the Ukraine and the refugee crisis flowing from it.

Pre-Covid in the UK, 1 in 4 people struggled with their mental health. Since Covid, this has risen dramatically. Six years ago, Baptist Minister Ruth Rice, founder of Renew Wellbeing, recognised a simple and effective way that a local church could supplement the offerings of the 'already-vastly-over-stretched' government mental health. She developed this through her own journey back into better mental health, and then through sharing this with others in her church. Ruth found better mental health in 3 ways. Firstly, by creating a café-style space where people can meet and be active. Share hobbies and interests or get informal help and advice. Giving people permission to come as they are by saying that this is a space where it is 'OK not to be OK'. Secondly by having an optional space where people could pray. Pray in ways which were low-key, simple, accessible, optional and available in a regular pattern. Thirdly by being in partnership – both with mental health and with other groups and organisations. Since then, more than 100 churches of many denominations across Britain have opened renew wellbeing centres in cafes, church halls and buildings.

Here at Penrallt, we want to offer this in Upper Bangor. To open the doors of Penrallt as a pilot project on a Thursday morning 10:30 – 12:30 and to welcome people by creating a space where it is 'OK not to be OK'. To develop patterns of prayer which we can share with the community which are meaningful for us too and to be in partnership in the community here. Please pray for the team and this initiative as we aim to launch on 12th May.

Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU

Tel: 07934 231788; Email: office@penrallt.org; Website: www.penrallt.org
Office hours: Mon–Fri 10am – 3pm; Administrator: Magnus Forrester-Barker

Minister: John Thompson; 07931 150697; minister@penrallt.org
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We hope also to reach any refugees of any nation, but are particularly mindful of the need among those from Ukraine. One of the greatest needs in the refugee areas in Poland has been faith support. We want to be able to offer what support we can to people in this space too.

So as we celebrate the Queen's Platinum jubilee — and we give thanks for her Christian faith and the influence that it has had, we are mindful that we want to share the blessings of Christian faith with all. We pray for healing and salvation and for peace and wellbeing. And all in the name of Jesus to the Glory of God.

Blessings,

John

Children's Birthdays in May

12th: Oisín Patton 17th: Leon Dempster
22nd: Ezra Bale 31st: Harry Stevens

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: Magnus Forrester-Barker (07890 109645); Geoff Moore (01248 410582); Gwen Hicks (01248 353648); Monica Morris (01407 840439), Abi Penney (01766 890624); John Thompson (07931 150697).

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). *NB Magnus is still working largely from home at the moment, but the office hours still apply.*

Deadline for next month's newsletter: Sunday 23rd May

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

Morning Services This Month

Our morning services continue to be in a hybrid format, in the building and on Zoom. Please see the website for up to date information about services and any Covid regulations which may be in force. The link for the Zoom meeting and recordings of past services, where available, are also on the website.

Morning services start at 10:30am on Sundays. 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); there are also crèche facilities available if you have very young children.

Sunday 1st May

Coming Out Of Lockdown. Acts 1:1–14. Preacher: James Goodman.

Sunday 8th May

A Christian Community is Created.
Acts 2:38–47. Preacher: John Thompson.

Sunday 15th May

Discovering Jesus in our suffering, our waiting and our joy.
Luke 24:13-35. Preacher: Casi Jones, minister of Emaus Church, Bangor.

Sunday 22nd May

A Community defined by compassion and power to transform.
Acts 3:1–10. Preacher: John Thompson.

Sunday 29th May (Communion service)

A Community inviting others to be transformed by Jesus.
Acts 3:11–26. Preacher: Peter Cousins.

Communion will be served in a Covid-safe manner to those in the building. Those on Zoom will need bread and wine (or equivalent) to fully participate.

The sermons on 8th, 22nd and 29th May will form the start of a new series of sermons on Community based on the early chapters of Acts.

Renew Wellbeing Drop-In

Anyone and everyone is welcome to come to Penrallt on a Thursday morning from 12th May. Bring a hobby to share with someone else, have a cup of tea or coffee and some toast and a chat. We'll be open from 10:30 to 12:30 in the Canolfan (rear hall). There will be a separate prayer space (in a different room) available throughout this time for quiet reflection. There will also be 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 wellbeing. This is running as a pilot until mid-July. Please pray for John and the team.

Evening Services

As we slowly re-open, Sunday evenings have been taken up by Alpha but we are going to trial some different ideas from May until the Summer holidays. The information is in the services section. Some might work, some might not, but we are looking at using that Sunday evening slot to be of use to as many people as possible. Owen (secretary@penrallt.org) would welcome any feedback — but be gentle! And then we will evaluate.

Each of these services will start at 6pm and most are expected to last around an hour. Note that unlike our morning services, these will not be recorded or broadcast on Zoom. Also, there will not be an evening service on the first Sunday of the month; instead we will continue our fellowship activities in the afternoons.

Our monthly prayer meetings will be moving from Wednesdays to Sundays as part of the evening service programme. Usually they will be on the second Sunday of the month but in May it will be the third Sunday!

Here is the programme for Sunday evenings in May:

Sunday 8th May

Contemporary music service led by Matt Dawson and Becca Williams.

Sunday 15th May

Monthly prayer meeting led by Ama Eyo. All are invited to “come away for a while and rest with Jesus” (Mark 6:31). Come along and bring your friends as we will pour out our hearts and rest in God’s presence and ability to carry us in the palms of his hands.

Sunday 22nd May

Service with traditional hymns, led by Owen Lloyd-Evans.

Sunday 29th May

Café service led by Becca Williams.

Pentecost Praise

Although we are not planning our own evening services on the first Sunday of the month, we will be joining with the other churches of Cytûn Bangor for Pentecost Praise at 5pm on Pentecost Sunday, 6th June. This is likely to be at Bangor Cathedral but please check our website and the June newsletter for confirmation of this and other details.

◇ **BMS Ukraine Appeal**

Many thanks to all who have contributed to the appeal. We have collected £154 and will be forwarding the funds to BMS. Donations are still welcome — please put cash or cheques in an envelope marked “Ukraine Appeal” into the donations box in the chapel or transfer money to the church account, marked “Ukraine”. Speak to Averil (treasurer@penrallt.org) for more information.

◇ **CAP (Christians Against Poverty) help with debt in Bangor**

There is now a CAP centre (Menai Debt Centre) in Bangor. This helps people who are struggling with debt. The first step is to call the free help line number: 0800 328 0006 (Monday–Thursday 9:30–5:00, Friday 9:30–3:30).

◇ **Christian Aid Week**

This year’s Christian Aid Week runs from 15th to 21st May. See the Focus article at the back of this newsletter for more about Christian Aid; we will also be showing a short film in our service on 15th May. Events for the week include:

- Sunday 15th, 2 – 4pm: Tea Party (see below) in support of both Christian Aid and BMS.
- Monday 16th, 12:30pm: Service with frugal lunch at Berea Newydd.
- Tuesday 17th, 12pm: Meet Revd. Andrew Sully at Bangor Pier. He is walking between the castles of North Wales to raise money for Christian Aid.
- Saturday 21st, 10am – 2:30pm: Street collection on Bangor High Street; volunteers needed — contact Sarah Jackson.
- Saturday 21st, 10am – 12pm: Plant and cake stall in the Cathedral grounds at the High Street end. Please drop off cakes just beforehand.

◇ **Church Fellowship Events**

Our fellowship event on Sunday 1st May was a walk at the Dingle in Llangefni. The June event will be a Jubilee beach party at Rhosneigr on Sunday 6th June; details on the booking page: <https://www.eventbrite.co.uk/e/jubilee-beach-party-tickets-333151905317>

◇ **Foodbanks**

Bangor Cathedral Foodbank is open 2 – 3pm every Monday, Wednesday and Friday, operating from Tŷ Deiniol (the Diocesan Centre) next to Bangor Cathedral. A referral from another service is normally required to access the foodbank but they are able to give people up to two emergency food parcels without a referral. 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.

◇ Giving

At present we are not taking up an offering during our services but if you would like to give financially towards the work of Penrallt, our mission partners and other projects we support, there is now a donations box at the back of the chapel which you can use for that purpose. If you would like to explore other ways of giving to the work at Penrallt, please speak to Averil, our Treasurer, who will be able to advise (treasurer@penrallt.org).

◇ Hardship Fund

The church has a small fund overseen by the minister 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. And 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 and Thursday evenings and on Tuesday and Friday mornings (most groups meet weekly). We also have contact, care and prayer groups to enable people to stay connected and receive prayer support even if they are not in a homegroup; these groups do not meet together but each one has a designated person to contact the other group members regularly. Please contact the church office if you are not part of a contact, care & prayer group or a homegroup and would like to be.

◇ Men's Fellowship

Our men's fellowship group is continuing to meet monthly, generally on the first Wednesday evening of the month. Our first two events have both been meals and we are planning to continue the trend in June with a barbecue (date to be finalised depending on weather forecasts, but provisionally 1st June). Please contact Magnus (office@penrallt.org) if you would like to receive further details.

◇ 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/302627593231755)
a private group (as defined by Facebook, i.e. request to join)
specifically to share prayer requests and encouragements
- *Penrallt Student Fellowship* (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/channel/UCwK0_IPqAVqGKwQREg6JhHg

www.facebook.com/penralltbc

www.facebook.com/penrallyouth

◇ **Prayer Resources**

Send prayer requests, thanksgivings and testimonies to our email prayer diary via office@penrallt.org – email this address, too, to subscribe to the prayer diary, which goes out every week (usually on Mondays). We also have a more interactive Facebook prayer group (see above). To meet and pray with others, you are welcome to join our weekly Zoom prayer meetings on **Wednesdays at 11:30am** and **Saturdays at 8:30am**; please contact the church office if you need the connection details for either meeting. Our monthly prayer meetings in the church building will now be on Sunday evenings at 6pm – usually on the second Sunday of the month but in May it will be the third Sunday, 15th May.

◇ **Students**

Students are encouraged to take part in church activities and join a homegroup. For more information about student activities, please contact our student co-ordinator, Becca on students@penrallt.org or see our [Penrallt Student Fellowship](#) Facebook group. There is a social group called SOYA, for Students Or Young Adults, who meet occasionally. Please email Becca if you are interested.

◇ **Tea Party**

Judith and Bob Bousfield are hosting an afternoon with tea and cake in their garden at 24 Garth Wen, Llanfaes LL58 8PT on Sunday 15th May between 2 and 4pm; donations to be split between Christian Aid and BMS. All are invited. Directions: Follow the main road through Beaumaris to Penmon crossroads; turn left to Llanfaes, pass Kingsbridge caravan site then take next left; aim for the first house on the right ("Menai View"). If you get lost, ring 01248 490956.

◇ **Women's Fellowship**

The next meeting of the Penrallt Women's Fellowship will be on Saturday 14th May, 10:30 – 12:00, in the Canolfan. This month our guest speakers are Colin and Monica Morris who will be talking about their involvement with the Shishu Bhavan child day care centre in India. A warm welcome is extended to all women, including family and friends. Please speak to Averil, Ellie or Lesley for information.

◇ **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...

Christian Aid Week 15-21 May 2022

Every gift. Every action. Every prayer. Every one of us can change lives.

Drought starves. It robs women of the power to farm and grow food for their families.

Now, for the first time in a generation, global poverty is rising. Covid-19, conflict and the climate crisis are pushing more of our global neighbours into a struggle for survival.

Women and men in Zimbabwe are hungry to provide a more hopeful future. Mums often skip meals to share with their children what little food they have.

One of these mums is Jessica Mwedzi. Drought makes every day a struggle for survival. Jessica is hungry. Hungry for a good meal. Hungry to earn a decent living. Hungry to provide a more hopeful future for her family.



'My children crave a good meal, but I can't provide.' Jessica says. **'It pains me to send them to bed hungry.'**

Your gift could help Jessica grow drought-resistant crops. You could help her set up a water tap on her farm and learn how to grow food in the harsh climate. She'll turn her dry, dusty land into a garden of hope.

This Christian Aid Week, you can be one of the hundreds of thousands of our supporters who give, act and pray — stepping out in love for our global neighbours. With you by our side, we won't stop until everyone can live a full life, free from poverty and hunger.

From envelope collections to walking 300,000 steps in May, Christian Aid Week brings people together as one community helping those living in poverty to transform their own lives.

This Christian Aid Week (15–21 May), please:

- **Give** generously to help women grow crops that survive in the drought.
- **Act** and raise your voice for justice. Join our Loss and Damage campaign.
- **Pray** that families will stay strong during tough times of drought.

Together, we can turn hunger into hope.



Donate at: envelope.christianaid.org.uk/envelope/penrallt-baptist-church