



Newsletter: November 2025

The wisdom of good foundations

Have you ever regularly walked past a house that is being newly built? They take a lot of time on the foundations. It is essential to build on good solid foundations, and to have things correctly marked out and measured with the correct floorplan and footprint. If the foundations are not solid, cracks in your building will appear as one part of the building sinks or moves relative to another. If you build outside the foundation, that also is very probably going to end in disaster.

Paul spoke about the wisdom of having good foundations in 1 Corinthians 3. Paul wrote that when he planted the church, he did so like a 'skilled master builder'. He laid a foundation — which is 'Jesus Christ'. Both 'Jesus' — his identity, and 'Christ' his mission. Paul said in 1 Corinthians 2v2 that he preached Jesus, and him crucified.

So firstly this foundation is 'Jesus' — the divine God-man. The identity of Jesus himself. He is the 'radiance of the Father's glory' (Hebrews 1). He is the revelation of God as revealed in the scriptures. His values, his character, his truth, his teaching and his example. And being in relationship with the resurrected Jesus is also part of that foundation.

Secondly this foundation is 'Christ'. The Greek word Christ means Messiah or 'Chosen One'. His death on the cross creates a way in which we can be saved. We can have eternal life and newness of life as we trust that forgiveness and reconciliation is available through believing in him and his death on the cross. It is a demonstration of his love and grace.

It is on this foundation, and within it's boundaries that we build lives to honour God. Wisdom is to build on him — the living Word. Then we will be able to stand when things get tough. If we have a firm foundation we can then grow creatively and securely in his love and beauty and in the power of His Holy Spirit to the glory of his name.

Blessings,

John

Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU
www.penrallt.org

Minister: Revd. John Thompson; 07931 150697; minister@penrallt.org

Secretary: Jan Ablett; 07703 188632; secretary@penrallt.org

Treasurer: Cathy Fooks; 07729 892303; treasurer@penrallt.org

Administrator: Magnus Forrester-Barker; 07934 231788; office@penrallt.org (office hours: Mon – Fri, 10am – 4pm)

Morning Services

Sunday morning services start at 10:30am with an option to join on Zoom if you are unable to join us in the building (link on website). Children and young people go out part way through the service for Sunday school (primary school / up to 11) or *Deeper* (secondary school / 11 – 18); a crèche is also available for younger children. The children and young people stay in for all-age services; the crèche is still available.

Sunday 2nd November

Youth service led by Grace O'Boyle (Bangor YFC).

1 Samuel 3

This service will be followed by our fellowship walk (see below).

Sunday 9th November (Remembrance Sunday)

Preacher: John Thompson.

This service will include an Act of Remembrance with 2 minutes' silence at 11am.

Sunday 16th November (Safeguarding Sunday)

Preacher: Peter Jones.

Sunday 23rd November

Service led by our international community. Preacher: John Thompson.

Sunday 30th November (Advent Sunday; Communion)

Preacher: John Thompson.

Service Videos

Recordings of sermons from morning services are generally available both on our [YouTube channel](#) and on our own [website](#). Please contact the church office if you would like a link to recordings of full services. *We would ask you, please, to refrain from taking photos and videos during our services due to safeguarding concerns.*

Evening Services

Evening services usually start at 6pm and last around an hour; unlike our morning services, they are not normally recorded or broadcast on Zoom. There is no evening service on the first Sunday of the month, when we have our fellowship walk in the afternoon. Evening services for the rest of November are:

Sunday 9th November (Communion)

Abraham's Journey of Faith: Obedient Faith. Preacher: Peter Jones.

Sunday 16th November

Abraham's Journey of Faith: Messy Faith. Preacher: Peter Jones.

Sunday 23rd November

Service of Remembering and Thanksgiving led by John Thompson.

This is an opportunity to come together before our God, remembering and giving thanks for people who were close to us who have died.

Sunday 30th November at Goleudy (7pm; refreshments served from 6:30pm)

Codi Mawl — A bilingual (Welsh/English) service. See below for details.

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.

Other Events in November

♦ Fellowship Walk: Sunday 2nd November

We will have our monthly fellowship walk as usual on the first Sunday after the morning service. This month we will, weather permitting, be walking across the Menai Bridge and around coastal areas of Menai Bridge town (around Church Island, along Belgian Promenade, under the bridge); a paved 3km circular route. Please contact Jenny (fellowship@penrallt.org) for more information, or to request or offer a lift. You are welcome to bring a packed lunch to eat together in the hall before the walk, even if you are not planning to go on the walk itself.

♦ Pizza and Purpose: Sunday 2nd November & Sunday 9th November, 6pm

Pizza & Purpose is a discipleship gathering for the young people of Penrallt (13–18) on Sunday evenings. Our initial sessions — 2nd November, 9th November and 7th December — will be led by Grace O’Boyle of Bangor YFC. It’s a space to explore faith, identity, and calling. We believe every young person is created on purpose and for a purpose, and this is a place to discover what that means.

♦ Cylch Penrallt Tots: Monday afternoons

This is our group for pre-school children and their parents/carers, running during the school term on Monday afternoons from 1 to 2:30pm. £1 per adult (with up to 3 children). Toys, fun play and activities. Snack, tea and coffee. Songs for tots in English and Welsh. Come along for a good space to safely play, to have fun, and to enjoy some good company together.

♦ Bangor Youth For Christ Prayer Meeting: Wednesday 5th November, 7pm

We will be hosting a prayer meeting, led by Bangor YFC Centre Director Grace O’Boyle, at Penrallt. This is a space for us to come together across churches, backgrounds, and generations to pray with one heart and one purpose: to see the lives of young people in Bangor transformed by the love of Jesus. All are welcome.

♦ Renew 57: Every Thursday, 10:30am–12:30pm

Renew 57 is a space for the whole community, on **Thursday mornings, 10:30am to 12:30pm in Canolfan Penrallt** (our rear hall/community centre), free of charge (including refreshments). Bring a hobby to share with someone else or simply sit and chat over a cup of tea or coffee and some toast. A separate prayer space is available for quiet reflection, with optional opportunities to be led in short gentle contemplative prayer at the beginning and end of the session. 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. To find out more, please speak to Adrienne (adrieferrada@hotmail.co.uk) or Magnus (renew@penrallt.org) or drop in and see for yourself.

♦ **Soul Sisters: Saturday 15th November, 10:30am**

Soul Sisters is Penrallt's women's fellowship group, that meet once a month for a varied programme of activities. This month the meeting will be held in Canolfan Penrallt (our rear hall) and the speaker will be Averil Francis, who will be giving a presentation on her walking trips (Slate Trail/West Highland Way/Anglesey Coastal Path etc.). All ladies are very welcome. For further details please contact Averil (francishac3@aol.com) or Ellie.

♦ **Bangor Street Pastors Coffee Morning: Saturday 15th November**

There will be a coffee morning at Berea Newydd on the morning of 15th November, 10am to 12:30pm, with all proceeds going to the work of Bangor Street Pastors. There will be various stalls, including a cake stall. If you would like to provide a cake for this, please contact the church office. (See the Focus article at the back of this newsletter for more information about Street Pastors.)

♦ **Wedding of Sae and Shoichiro: Saturday 22nd November, 1pm**

Sae and Shoichiro will be having a wedding service of blessing to celebrate their marriage at Penrallt on 22nd November at 1pm. They would like to invite all members of the Penrallt community to join them. There will be a ceremony and there will then be a celebration with snacks and cake in the Canolfan from 2-4pm. Please respond to the church office (office@penrallt.org) by Sunday 9th November. The service will be broadcast on Zoom but we would encourage you to attend in person if you can.

♦ **Men's Breakfast: Saturday 29th November**

Our men's fellowship group usually meet on the last Saturday morning of the month for food and friendship at Ian Ablett's home in Caernarfon between 9 and 11am. All men are welcome. Please contact the church office or Ian (ianablett57@gmail.com) for details, to check the date and venue, or to offer or request a lift.

♦ **Messy Church — Christmas: Sunday 30th November, 3–5pm**

This is a free family event where we will explore the theme of Christmas through crafts, games, activities and a meal. The activities are aimed at children aged between 3 and 11, but there is a crèche space for younger ones as well as games that teenagers will enjoy, so bring the whole family!

Please note: all under 18s will need to be supervised by an adult at all times for safeguarding reasons; similarly adults will only be admitted if accompanying children.

It is helpful if you can sign up in advance for this to give us an idea of numbers for providing craft materials and food:

<https://penralltbc.churchsuite.com/events/zyhekwtd> (or use the QR code). Messy Church is designed to be accessible to those who are not used to church, so invite your friends too!



♦ Codi Mawl: Sunday 30th November, 7pm at Goleudy

Over the past year we have enjoyed a number of bilingual worship evenings hosted jointly between Caersalem (Caernarfon), Goleudy (Ynys Môn) and Penrallt, with a number of people from other churches joining us for powerful times of praise and prayer. The next one will be hosted by Goleudy at Llangefni Town Hall on the evening of 30th November, in Welsh and English. Refreshments will be served beforehand from 6:30pm and translation facilities are available for those who do not speak Welsh.

Canolfan Penrallt

Our community centre, Canolfan Penrallt, is intended to provide a service for and a bridge with our local community. It includes our main hall (where we meet for tea, coffee and a chat after morning services) with a recently refurbished kitchen, as well as the Twrgwyn Room (the smaller meeting room across the corridor from the church office, on your left as you head in to the hall). These facilities are available to hire for a modest fee, with a discounted rate for community groups.

Several groups (including a choir and two dance groups) regularly hold their activities in the Canolfan and there is space in our calendar to accommodate standalone bookings from individuals or groups as well as further regular bookings (especially during the daytime; NB Saturdays are reserved for one-off bookings and church events).

If you're looking for somewhere to host an event such as a child's birthday party, or you know a group that is seeking a venue for their meetings, please bear us in mind. See <https://www.penrallt.org/canolfan/index.php> or contact canolfan@penrallt.org for more information.

Other Information

♦ 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. Note that he sometimes works from home or is out for meetings, so you are advised to check before travelling in to the church building.

♦ Foodbanks

Bangor Cathedral Foodbank (www.bangorfoodbank.org) 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. Mosaic church have a Foodbank at Coed Mawr Community Centre, open on Tuesday, Thursday and Saturday mornings, 9:30 – 11am. Contact Christine King on 07734 667011.

♦ Giving

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

♦ Hardship Fund

The church has a small fund to help people in need. If you find yourself in financial difficulty or know someone else who 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 Cathy Fooks (treasurer@penrallt.org).

♦ Homegroups / Contact Care & Prayer

We encourage you to join a homegroup if you are not already in one, as they are invaluable in helping us to deepen our relationships with the Lord and with one another. There are groups on Monday, Tuesday and Wednesday evenings and on Tuesday and Friday mornings, meeting weekly or fortnightly in person, online or as a combination of the two. We also have “contact, care & prayer” to enable people to stay connected even if not in a homegroup. A member of the pastoral care team (see below) would contact you every few weeks to ask how you are and if you’d like to receive prayer support. Please get in touch with the church office if you are not part of contact, care & prayer or a homegroup and would like to be.

♦ Pastoral Help

If you have concerns about your own or someone else’s welfare, please contact a member of the Pastoral Care Team: Ian Ablett (07759 718931); 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 the PCT as well.

♦ Penrallt on Facebook, Instagram and YouTube

We have three Facebook groups — *Penrallt* (www.facebook.com/groups/2402772192) is a general group for information and social interaction; *Penrallt Prayer Point* (www.facebook.com/groups/302627593231755) is a private group to share prayer requests and encouragements; you can probably guess the target audience of *Penrallt Students* (www.facebook.com/groups/195300234272943)!

We also have a YouTube channel and a Facebook page (both called *Penrallt Baptist Church*):

- www.youtube.com/@penralltbaptistchurch
- www.facebook.com/penralltbc

♦ Prayer Resources

Send prayer requests, thanksgiving and testimonies to our weekly email prayer diary via office@penrallt.org — use this address, too, to subscribe to the prayer diary, which usually goes out on Mondays, or Tuesdays in the event of bank holidays. We also have a more interactive Facebook prayer group ([Penrallt Prayer Point](#)). 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**; please contact the church office if you need the connection details for either meeting.

♦ Prayer Team

We would love to pray for you and pray with you. We believe that God transforms people's lives. Praying for people and regularly asking God to fill them with the Holy Spirit is a key part of this for many people. We have a team available for personal prayer, wearing blue "Prayer Team" lanyards, at most services. This is often at the end of the service, sometimes during communion or at other times; if you would like prayer please find a member of the team at any time and they will be able to offer to pray with you in an appropriate space, often as a pair.

If you are a church member and would like to be on the prayer team please speak to John or Jan. Our Pastoral Care Team are able to offer a further level of support (see *Pastoral Help* above). Please don't hesitate to approach John or another member of the Pastoral Care Team.

♦ Students

We love to welcome students as part of our church family. For more information about activities for students, or just for a friendly chat, please feel free to drop us an email to students@penrallt.org. Also, don't miss our Penrallt Students Facebook group.

♦ Youth

Our mid-week youth group, *Youth.*, is run by Bangor YFC with volunteers from Penrallt, Mosaic and other churches. This runs on Thursday evenings at Penrallt during term-time, from 7pm to 8:45pm, and is open to all youth (11–18). It features games and activities, with a gentle presentation of Christian values and principles. Registration is required, and can be done at <https://tally.so/r/noqO4Z>. Note that it will not be running on 30th October as that is in the half-term holiday.

Our Sunday morning youth group, *Deeper*, takes place during the morning service, with the young people (11–18) going out part way through the service to study the Bible and apply it to their lives. We will also be running *Pizza and Purpose*, a discipleship course for those aged 13+ on (some) Sunday evenings — see above under Other events in November for more details about this.

For more information, email us at youth@penrallt.org.

Deadline for next month's newsletter: Wednesday 26th November. Please send information to Magnus at the church office. All items should be submitted in writing, preferably by email, as early as possible.

News Mailing List: Sign up to receive email notification (and a PDF link) when the newsletter is published each month, as well as other news updates from time to time. To join or leave the list please send an email to office@penrallt.org.



Bangor Street Pastors

Showing God's love in practical ways

Street Pastors are not a strange sight on the streets of Bangor, despite the ups and downs in our operational ability since we started in November 2010. We soon became a strong, Christlike influence, establishing good links with the police, local government and the users and providers of the night-time economy. Bangor Street Pastors are part of a network of groups across the UK and round the world that seek to live out Jesus' command to love our neighbours. Over time, we became known to those who we met out and about at night on the streets of Bangor, and they came to regard us as a trustworthy, non-judgemental group, who were ready to listen, care and help, not taking into consideration the sexuality, religion, racial origin or personal status of the people we were helping — we were simply there to help. More or less every week (and sometimes more often), in all weathers, for almost 10 years. Then Covid hit...

All street pastor activities were suspended during the lockdown and, once it lifted, many groups including ours took a while to resume patrols. We found a very different world out there to the one we had left behind in March 2020. We had lost a number of volunteers, so it became much more difficult to get a patrol out every week. Moreover, the nature of the night-time economy had changed beyond recognition, with many establishments that had closed during lockdown not re-opening, and generally far fewer people out drinking heavily and getting themselves into trouble late at night. Even now, as things are gradually picking up, it is not quite the same as it was before.

Some changes are positive — in general there's much more moderate consumption of alcohol, girls are tending to wear more sensible footwear that they can comfortably keep on all night, etc. Some changes are less positive — we are seeing an increase in drug usage and spiking as well as mental health and emotional issues. Whilst we have been fortunate so far in Bangor, the UK as a whole has also seen a marked increase in knife crime and antisocial behaviour. There is still plenty of work for street pastors to do, but we need the Lord's wisdom as we seek to adapt our operational practices to fit both the currently available resources (with a smaller team than the 11 we started with, let alone our peak numbers of around 28 members a few years later) and the situations we find ourselves in. At present we are usually going out about once or twice a month, generally earlier in the evening (8pm to midnight, rather than 10pm to 3 or 4am), and we tend to do more listening than providing practical help (although this in itself is a very valuable form of help, demonstrating God's love and care).

As well as more volunteers for the team, and both prayer and financial support, we are currently looking for a new treasurer. Inma has been serving faithfully in this role for many years but is required by our constitution to take a break from next March. Please pray for us to find someone suitable. If you think that person might be you, please speak to Inma or Magnus.