



Penrallt Baptist Church

Newsletter for October 2013

We're reluctant to change, especially when it comes to religion. I think a bit of spiritual inertia is good because we don't want to go running after something new every five minutes, but there comes a time in our lives when it's good to stop and reflect, and maybe, just maybe, strike out in a new direction.

Just such a moment has arrived right now, because we're offering you the chance to do the Alpha Course with us over the coming Tuesday evenings. Alpha is a series of interactive sessions that freely explore the basics of the Christian faith. No pressure. No follow up. No charge.

I was listening to one of my newest CDs recently. This is what they sing:

*"But do not ask the price I paid, I must live with my quiet rage,
Tame the ghosts in my head that run wild and wish me dead."*

Dealing with the past.

I love the confessional nature of this album. It's a million times more real than the popular songs which confuse temporary infatuation with love. These lyrics admit that we've done bad things at times and there's really no excuse. It flies in the face of today's "victim culture" where we shriek about injustice done to us but go quiet on injustice we've inflicted on others. In this album Mumford & Sons explore the dark side of our nature. It's time someone did. Those ghosts in our head do speak the truth sometimes.

And the truth is that something has to change in us. Jesus was in the business of quietening the raging minds and hearts. He still is. Saying sorry to God is a perfect start. Recognising that He loves us and is offering us forgiveness even if we don't deserve it is the necessary second step. That's what Jesus came to sort out. And he sorted it good and proper when he died on the cross for our sins.

So if you've never done the Alpha Course, break out of your spiritual lethargy and give it a go this autumn. If you want to do some research into it, try this link and hear the stories of people who have been on Alpha:
<http://www.alpha.org/journal>

God bless,

Peter

A big welcome to all students. Please collect a student pack from the door, and join in our activities, especially Faith Café on Sunday nights from the 29th September

SERVICES IN OCTOBER

October 6

- 10.30am **"If you're going to have a prayer meeting then have one like this."** Acts 4:23-31
- 2.15pm Service at Bontnewydd
- 6.00pm Communion Service. Speaker: Roger Borlace.
Don't make a show of your religion. Mt.6:1-18

October 13

- 10.30am **God wants us to have faith in abundance** 2 Kings 4:1-7
- 6.00pm **Time to Break up Fallow Ground** Hosea 10:11-12

October 20

- 10.30am Geoff Birch
Stewardship: God's Miraculous Plan of Economy in Operation, No.2. A Field trip in the New Testament Mark 6:30-44
- 6.00pm Speaker: Joe Moreno

October 27

- 10.30am Communion Service **The Church like a butterfly wriggling out of its chrysalis** Acts 4:32-5:10
- 6.00pm **Wisdom in an Unwise World, Firm Decisions in an Uncertain World** Romans 12:1-2

Our Speakers in October

Peter Cousins is the minister of the church. **Geoff Birch** and **Roger Borlace** are retired ministers, members of Penrallt. **Joe Moreno** is an ex-missionary with YWAM in Australia, and is hoping to take up a post as a Scripture Union Schools Worker on Anglesey with the Gobaith Môn project. He is married to Jules from Anglesey and they have three children. (See 'Focus'.)

CHURCH LUNCH

We will host a church lunch on **Sunday October 6th**. Please bring enough buffet style "finger food" for yourselves and one or two others.

SPECIAL DATES IN OCTOBER

- Tuesday 1** 7.00pm Alpha Supper
- Wednesday 2** 10.30am Men's prayer meeting followed by coffee in Options.
- Monday 7** 7.30pm Church Members' Meeting
- Tuesday 8** 7.00pm Alpha Course (see 'Noticeboard')
- Saturday 12** 9.30am-1.00pm Bible Unzipped in Rhos on Sea

- Saturday 19** 10.00am – noon Street Pastors Coffee Morning (see 'Noticeboard')
- Saturday 26** 3.00pm. Induction of Ben Searle to the Llanelwy Christian Fellowship (ask Peter if you would like a lift).

WEEKDAYS

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	10.30am	Men's Prayer Meeting	Peter Cousins (353878)
Wed	2.00pm	Carers' Home Group	Carol Morris (208407)
Wed	7.30pm	HG, The Nomads	Jess & Seamus Adams (421185) Susan Cousins (353878)
Wed	7.30pm	HG, Bethesda	Jon & Deb Stammers (602868)
Wed	6-9pm	HG, Maes Y Dref*	Bryan & Ann Collis (353173)
Wed	8.00pm	HG, Grŵp Cymraeg	Owen & Nia Lloyd Evans (352634)
Thu	10.30am	Post-Alpha Bible Study	Sue & Lawrence Moss (713793)
Thu	7.30pm	HG, Llanfairpwll	Sue & Lawrence Moss (713793)
Fri	10.30am - noon	Cheeky Monkeys	Joan Rymer (713003)
Fri	10.30 – 12.30pm	HG, 6 Maes y Dref	Anne Collis (353173) anne@collis66.freeseve.co.uk
Sat	8.30am	Prayer Meeting	

*New Home Group, which will start with a shared meal.

NEWS OF PEOPLE

We are delighted for **Trudie and Duncan** on the birth of Reuben Freddie George Tough on 26th August weighing in at 5lbs 13 oz. Congratulations also to friends of Penrallt, **Jenny and Lawrence Wood** on the birth of Lydia (7lb 1oz) on 24th August. Many congratulations to **Marilyn and Geoff Birch** on their Golden Wedding.

We were sad to hear of the death of **Peter Hicks**. Our condolences go to Gwen, Rachel and Peter and the children, and, of course, to Nancy in Bryn Llifon. Peter and Susan represented Penrallt at the service in Llandovery where we met Patrick Baker who sends his regards to you all.

Children's Birthdays in October:

5th: Evangeline Goodwin; **7th**: Anna Warnock; **20th**: Micah Adams;
23rd: Scott Jones; **26th**: Claire Donnelly; **26th**: Hannah Howick;
31st: Catrin Gwilliam

NOTICEBOARD

➤ **Alpha** **Tuesday 1 October** **7.00pm**

The Alpha course is open to anyone interested in discovering what Christian life is all about. It's where people can come, relax, share a meal and thoughts. Anyone can come and everyone is encouraged to ask questions delving into the meaning of life.

Alpha in Penrallt runs for 10 consecutive Tuesdays starting with the Celebration Supper on 1st October at 7pm and the Away Day will be on Saturday 9th November.

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 a non-believer and are full of doubts about the Christian faith, come and find out what it's all about. If you question and wonder if there is a God at all, great, come with an open mind. Whatever your reasons, you will be most welcome to come on the course. Please contact either Lawrence Moss (01248 713793 e: lemoss@btinternet.com) or Roshni Verghese (01492 871444 e: vergheseroshni@hotmail.com).



Alpha

➤ **Men's Prayer Meeting** **Wednesday 2 October** **10.30am**

The men will meet for prayer as usual on Wednesday morning October 2nd. Time spent in prayer will be followed by coffee in Options. All are welcome to join us.

➤ **Bible Unzipped** **Saturday 12 October** **9.30am - 1pm**

Bible Unzipped is run by a group of local ministers who have a passion for Biblical Theology. Its aim is 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. This month we are doing something different. As Ian Coffey was due to speak at a Study Day in the area we decided to suspend our programme and share in the study. Ian is a friend of Penrallt and is currently on the staff of Moorlands College near Bournemouth. More details to follow, as we may need a bigger venue than the Rhos on Sea church we usually use. The event will be free, and we can arrange a lift for you from Bangor. Please talk to Peter if you want to come.

➤ **Penrallt Walking Group** **Monday 14 October (not Tuesday 15th)**
10.30am

Meet at 10.30am at the car park opposite Aberconwy School (grid ref 780777). Walk over Conwy Mountain (height 244 metres), down the Sychnant Pass to Dwygyfylchi, then return to Conwy along the beach for a cup of tea at the Marina. Distance approximately 7 miles.

- **Street Pastors Coffee Morning Saturday 19 October, 10am - noon**
Come to Berea Newydd and find out about the work of Bangor Street Pastors. Various items, including cakes, books and bric-a-brac, will be sold and the proceeds put towards the work of the Street Pastors.

- **Recipe Book in aid of Tearfund**

Tearfund is one of over 200 Charities supporting the **IF Campaign** trying to bring an end to world hunger. Today, one in eight people will be hungry - that's 870 million people across the world - and hunger is completely preventable. So, will you please help? Obviously each one of us can pray for all who work to eradicate hunger but we can also act! We are hoping to have a Penrallt Cookery Book to be sold at the Autumn Fair and the money raised sent to **Tearfund** for the **IF Campaign**.

So, have you got a favourite family recipe, maybe one your Grandparents made or one you have devised yourself? Would you be willing to share it? It can be sweet or savoury, a starter, a main course, a dessert, a cake or biscuits.

If so, please could you give your recipe and, if possible, provide a colour photograph, to Sue Moss, or email it to her at smmoss@btinternet.com. A few words of explanation as to why it's a favourite recipe would be helpful. And it would be lovely if at the end of your recipe we could print one of your favourite Bible verses, so please include one if you can.

For more information on Tearfund and the **IF Campaign** please go to www.tearfund.org/campaigns.

- **Prayer House on Anglesey**

Retired vicar Richard Adams and his wife have made available a retreat room in the grounds of their house. "We've turned our summer house into a retreat room for use by anyone who wants it. It's clean, light, equipped with two armchairs, a light and heating. There are a few books - prayer, meditation, the Bible - to help if you want. The place is always open; just turn up. If you want to book a slot for half a day or a day, it's best to contact me, but don't worry if you forget. I use it for daily prayer at about 9 a.m. and 4 p.m. every day and you're welcome to join in those times, or I can leave the place to you if you want."

If you would like the address and telephone number, we have them in the office.

- **Penrallt on Facebook**

Do you know there is now a Penrallt Page? Go to Penrallt Baptist Church. If you 'like' it, then you will be updated with any events/news etc. 120 people are signed up to it. Join us.

- **Homeless in Bangor**

Please do not give money directly to the homeless in Upper Bangor. We have found in the past that it has encouraged aggressive begging on the church premises by people who have a history of violence. You will find

brown envelopes in the porch to put your gift in. This will buy vouchers which are distributed to the homeless by the Cathedral via St Mary's Shelter.

➤ ***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.

➤ ***Pray for Penrallt Every Day***

Sign up to receive our prayer diary by e-mail every Monday morning by sending your request to: office@penrallt.org.

If you have some subject for prayer, either send it in by e-mail, or fill in one of the pink cards, which are available in the porch, and place it in the visitors' cards box or give it to Peter or Magnus.

➤ ***Pastoral Help***

If you have pastoral concerns please contact Peter or one of the other members of the Pastoral Care team.

Pat Borlace 713146; Judy Stammers 364394; Geoff Moore 410582
Helen Thomas 600174

Deadline for next month's newsletter Sunday 20 October

Please send information to Gwyneth (gwyneth@brindley-wales.com or 352682)

FOCUS ON...
Anglesey

This month we focus on two new mission activities near to home:
Gobaith Môn and the Diocese of Bangor.

Gobaith Môn.

This trust has been set up recently, backed by a number of local churches and individual Christians, and with support from Scripture Union, to encourage and develop Schools and Youth work throughout the Island. The Chairman, Clive Alder (Holyhead Baptist), writes: "We now have some excellent news. We have raised enough funds, given or promised, to advertise for a worker. We began praying a couple of years ago that God would put his hand upon a person – the one God already knew was right for us (even though we didn't know) and would draw that person to apply – and that we would be guided to that appointment. We were ! and we praise God hugely for that."

Our Schools and Youthworker will be **Joe Moreno**, married to Jules [Julia] who, using the word of a famous Royal, is an Anglesonian. They have 3 children, Ethan (4), Jade (nearly 2) and Evelyn (3 weeks).

Joe says:

Howdy, hello, hola, g'day and now hylô! Originally coming from the USA with primarily Mexican and Italian heritage yet spending nearly the last decade based in Australia, working primarily in youth mission through YWAM. I have been given the opportunity to work in a variety of ways through teaching, youth pastoring, youth camp leading and youth ministry directing. All these avenues have enabled me to witness God move within this generation. I am thrilled that God has led us to be part of seeing young people come to know Jesus on Anglesey.

William Pitt once told William Wilberforce these words, "Surely the principles as well as the practice of Christianity are simple, and lead not to meditation only but to action."

This resonates with me in equipping a generation to not only form a personal relationship with God, but then to act upon that relationship within their daily lives, ultimately generating a great sense of purpose and call. As I have prayed for this generation and specifically for young people on Anglesey, I sense the desire from the heart of God to impact and bring wholeness to a generation that has been lost. The Apostle Paul speaks about the access that we have in Christ Jesus allowing us into the fullness of God. My prayer is that as we begin to witness this generation come to know Jesus they will in turn lead all of us into a greater, deeper, wider relationship with the Father through their sincerity of heart.

What we are all trusting for is enormous and is something that God desires to respond to. One thing I have found is that God is into the business of transformation through His desire for relationship.

It will be through His power that young people will know Him.

I look forward to the journey ahead. Thank you for your welcome and partnership in this team effort.

Jules left the UK in 2005 for mission work related to healthcare and met and married Joe in Australia. She aims to fully reconnect into the medical profession in the UK over the next few years.

They say, "Our heart is that we would always be able to fulfill God's call to us as a family rather than as individuals, and we are confident that as we focus on our mandate for Anglesey, that we will each find a crucial role in this time ministering to young people here.

Please pray for:

○ **Joe's Welsh language skills**

John Settatee, the Welsh SU director started here by taking on a similar role to Joe in the Lleyn Peninsula. He reached a workable knowledge of Welsh, by intensive effort, within a year. Pray that God will provide Joe with the same ability and dedication.

○ **Work Visa**

As Joe is a non-EU citizen he cannot legally work here until he gets the appropriate visa. This could take some time and we cannot begin to employ him until it is settled. We have sought and got good advice but pray that the visa will be [miraculously] expedited.

○ **Involvement and support.**

Please pray that Joe's presence will encourage the Christians on the island to be bold in their witness and to work together to make Jesus known to more of our young people. Pray that the schools will be open to the work.



Diocese of Bangor. Communities and Youth work.

The Diocese is undergoing a major restructuring. Combining some small parishes will be stressful for the congregations concerned but the intent is to free up resources for other new and exciting mission work. One such is the

'Communities, Youth, and Families Ministry Enabler' for Anglesey.

One of Penrallt's members, Kirsty Williams, has just been appointed to this position. She is to cover the whole of Anglesey, and work with a variety of different organisations. She writes

"My main aim is to stir congregations to act on their faith, by volunteering for outreach, as well as reminding them that Jesus welcomed children and so should they. There have been a few cases where children have been asked to be quiet, and families then don't return, but no children's facilities are available in the church. However, my work doesn't stop with children and families. There is interest to start street pastors in Holyhead, and also looking into church facilities for people who need extra provision, for wheelchairs or those who are hard of hearing etc. I also look at how to enable the Church to give a more visible presence within the community. What is important is that I am an Enabler/facilitator, the projects I help set up must be able to run without me, to give the community ownership.