



Newsletter: June 2026

Amazing Grace

Although I have been a Christian for a while, I still experience the temptation to base my relationship with God on my own righteousness: I slip into behaving as if my relationship with God is based on me doing things which are good and avoiding things which are bad. As well as being exhausting and impossible, this mentality can cause me to swing between pride when things are going well, and anxiety when they are not.

The gospel message provides relief from the crushing pressure of trying to earn God's love and approval in this way. Jesus says "Come to me, all you who are weary and burdened, and I will give you rest." (Matthew 11:28). When he died on the cross, Jesus paid the penalty for all the things we have done wrong. He removed the barrier of sin and guilt that stands between us and God. Jesus invites us to come to him and receive the rest he has bought for us, trusting in him alone for our righteousness, not on our own efforts.

Paul warns the Galatians strongly against relying on works of the law to be good enough for God, saying 'Clearly no-one who relies on the law is justified before God, because "the righteous will live by faith"' (Galatians 3:11).

I find I constantly need reminding of the good news of the gospel message. Coming to church services, as well as being part of a home group, is great as it means being part of a community committed to reminding each other of the truth of the gospel and to encouraging each other to experience the freedom, relief and peace Jesus offers as we go through life.

The words below from James Proctor's 1864 hymn 'It is finished' are a reminder and encouragement to me to receive the free gift of love and righteousness God offers us through the death of his beloved son Jesus Christ:

"Lay your deadly doing down, down at Jesus' feet.
Stand in him and him alone; gloriously complete."

Blessings,

Jenny Willis

Penrallt Baptist Church, Holyhead Road, Bangor LL57 2EU

www.penrallt.org

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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 7th June Joseph #1: The Dreamer and the Pit This service will be followed by our fellowship event (see below).	Preacher: John Thompson <i>Genesis 37</i>
Sunday 14th June Joseph #2: Faithful in the house of Potiphar	Preacher: John Thompson <i>Genesis 39</i>
Sunday 21st June (Father's Day) Joseph #3: Faithful in a place of struggle	Preacher: John Thompson <i>Genesis 40</i>
Sunday 28th June (Communion Service) Joseph #4: From Prison to Palace	Preacher: Lesley Jackson <i>Genesis 41</i>

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.

Fellowship Event

After our morning service on the first Sunday of the month, we usually have a walk together but in the summer we go to the beach instead (weather permitting). On 7th June we are planning to go to the beach at Rhosneigr, where we will have a chance to sit, play, wander around and generally enjoy the sandy beach surroundings. Parking is free and it's a ten to fifteen min. walk from cars to the beach. We won't take the mini bus so if you are able to provide lifts please let Jenny (fellowship@penrallt.org) know.

Evening Services

Evening services usually start at 6pm and last around an hour; unlike our morning services, they are not normally broadcast on Zoom. We have now returned to having evening services in the chapel.

There is no evening service on the first Sunday of the month. The sermons on Mark's gospel are part of a series, which are being recorded (audio only) and made available on our website.

Sunday 14th June (Communion) Jesus forgives sins	Preacher: John Thompson <i>Mark 2:1–12</i>
Sunday 21st June Friend of sinners and bridegroom of the party	Preacher: Mike Hale <i>Mark 2:13–22</i>
Sunday 28th June Jesus is Lord of the Sabbath	Preacher: Simon Lambourne <i>Mark 2:23–3:6</i>

Week of Prayer for Christian Unity

Cytûn Bangor will celebrate The Week of Prayer For Christian Unity this year from June 6th–13th and would love you to join for some, if not all, of the activities.

Saturday, June 6th — Fair Trade Coffee Morning in Emaus, Love Lane, 10am–12pm.

As part of the monthly Fair Trade Coffee Morning, come and take part in a peace banner making workshop led by Sue Eckersley and John Hay. The banner will be ‘on tour’ around Bangor following the Week of Prayer so you’re welcome to invite it to visit your church or community groups.

Monday, June 8th — An introductory talk on the history of the Armenian Church, 7:30–8:30pm, Zoom only.

Join us as Nick Sissons gives us a better understanding of the church that has prepared our worship and study material for this year’s Week of Prayer. (Details of how to join Zoom will be available nearer the date; please contact the church office if you would like a copy.)

Thursday, June 11th — A Bilingual Worship Service at St John’s Church at 7:30pm.

Join us as we worship God together and celebrate our unity in Christ followed by discussion in groups over a cuppa.

Saturday, June 13th from 10:30am onwards in Emaus Vestry — A Multilingual Orthodox Mass (the Russian Tradition).

We are welcome to join the multilingual Orthodox Mass led by Father Deiniol and Father Glyn. Please contact Casi Jones (gweinidog.emaus.bangor@gmail.com) before Friday, June 12th if you wish to attend so seating can be arranged.

Saturday, June 13th — Prayer walk ‘From the Mountain to the Sea’ between 2:30 and 4:30pm.

Our prayer walk this year will start in the new car park on Beach Road in sight of Bangor Mountain and will take us along the newly finished prom to finish at the end of the Pier looking out to sea. It will be followed by a cuppa in the Pavilion Café. As we walk, we’ll explore themes that arise from the landscape and seascape and from this year’s worship and bible study material. The walk is all on the flat and takes roughly an hour including pausing for prayer. Please wear weather-appropriate gear and walking shoes.

Other Events in June

◇ Cylch Penrallt Tots: Monday afternoons in term-time, 1pm

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 YFC prayer meeting: Wednesday 3rd June, 7pm

We will be hosting a prayer meeting, led by Bangor YFC Centre Director Grace O'Boyle, in the Twrgwyn Room at Penrallt (please use the side door to come in). 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 Simon (s.lambourne565@btinternet.com) or Magnus (renew@penrallt.org) or drop in and see for yourself.

◇ Pathways: Saturday 13th June

Penrallt is hosting the North Wales hub of the Pathways training course run by Cardiff Baptist College. It is divided into modules each split across two sessions. The June session will be the second half of the module *Pathways into Leadership* that was begun in May. It is necessary to book in advance (and pay) to attend these sessions, which can be attended on a 'per module' basis. For more information or details of how to register with the College, contact John Thompson (07931 150697).

◇ Garden Party: Sunday 14th June

There will be a tea and cake party at Judith Bousfield's house and garden (24 Garth Wen, Llanfaes, Beaumaris, LL58 8PT) in aid of Save the Children. No charge, just donations.

◇ Soul Sisters / Men's Fellowship: Saturday 20th June, 11:30am

Soul Sisters is Penrallt's women's fellowship group, that meet once a month for a varied programme of activities. The men's fellowship usually meet monthly for breakfast. This month both groups will be meeting together at Ian and Jan's home in Caernarfon (or in the Canolfan at Penrallt if the weather is too bad) for brunch followed by tea/coffee and cakes. For more information, help finding a lift or to offer to provide one, please contact Averil (francishac3@aol.com) or Ian (ianablett57@gmail.com).

Information in this newsletter is correct, as far as possible, at the time of publication. Please see our website (www.penrallt.org/news/) for revised newsletters and more up to date information, as details are subject to change.

Children's Birthdays in June

2nd: Stephen Akinkunmi

23rd: Grace Idahosa

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. *Please note that the office will be closed on the week of 15th June as Magnus will be on annual leave.*

♦ 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.

◇ Mission Co-Ordinators

Owen Lloyd-Evans and Nia Evans are our Mission Co-ordinators and may be contacted by email on missions@penrallt.org for more information about our mission partners around the world. The [Focus](#) article at the back of the newsletter each month also shines a spotlight on one of our mission partners or some other mission-related activity.

◇ 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 (07776 270399), 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. *Please note that the Saturday prayer meeting will not run on 6th June due to holidays.*

◇ 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>.

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.

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

Notices for Sunday Mornings

The notices in morning services are collated by Magnus in the church office, so if you would like a notice included please send it by email to office@penrallt.org by no later than noon on the Friday. All notices are included at the discretion of the duty deacon who presents them at the start of the service.

Notices for the Monthly Newsletter

The deadline for next month's newsletter is Wednesday 24th June. 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.

Focus on...

Paul and Sarah Brown



Serving with BMS World Mission in Thailand

In their April 2026 prayer letter, Paul and Sarah Brown reflect on a season of transition and the profound impact of mentoring within their ministry in Thailand. As the region enters the “hot and smoky season”, they meet the end of another academic year at the Siloam Bible Institute (SBI) with a mixture of exhaustion, relief, and the bittersweet task of saying goodbye to graduating students.

Central to the Browns’ mission is the belief that teaching must be accompanied by intentional mentoring. They describe their role as nurturing, discipling, and offering God-focused counsel to young people, helping them develop their talents and spiritual journeys. Drawing inspiration from Jesus, and the Apostle Paul’s relationship with Timothy, they emphasize that mentoring is a reciprocal process where they often learn as much from the students as they give.

A highlight of the year was the graduation of the class of 2026. The Browns specifically highlight the success of Jonah, a self-motivated student Paul has mentored for three years, providing extra assistance in English, essay writing, and sermon preparation. Since graduating, Jonah has already interviewed for a Youth Pastor position in Uttaradit, a development the Browns view with great excitement.

Beyond the classroom, the Browns celebrated personal milestones within their community, such as the wedding of their friend and colleague, Pe, to Ryan. The ceremony thoughtfully integrated Karen traditions and was held outdoors to take advantage of the final days of the cooler season.

The letter also addresses broader global concerns. In response to ongoing international conflicts, the Browns participated in the annual “Run for Relief” organized by the Free Burma Rangers (FBR). This event serves as a gesture of solidarity with oppressed and displaced people in Burma, emphasizing a commitment to prayer for peace and reconciliation through Christ.

Looking ahead, the Browns were preparing for a home assignment in the UK starting in May, where they plan to visit churches and spend quality time with family. They also provide updates on student teachers Amu and Da, who are pursuing further training in English and TESOL to enhance their future teaching capabilities.

Thank God:

- For this year’s SBI graduates. Pray as they step into new roles and God’s purpose for their lives.
- That the SBI school year ended well. Pray that all students and teachers will rest well and be prepared and refreshed for the new school year in May.

Pray for:

- The student teachers Amu and Da. Amu is currently in the Philippines doing cross-cultural training in English. Da is preparing to undertake a Teaching English to Speakers of Other Languages (TESOL) course. Pray as they continue to learn to function and teach in English (their second/third language).
- Paul and Sarah as they are in the UK on home assignment starting in May. Pray for the church visits and quality time with family.

Plans fail for lack of counsel, but with many advisers they succeed. — Proverbs 15:22

Click here for the full version: <https://tinyurl.com/bdda9aew>