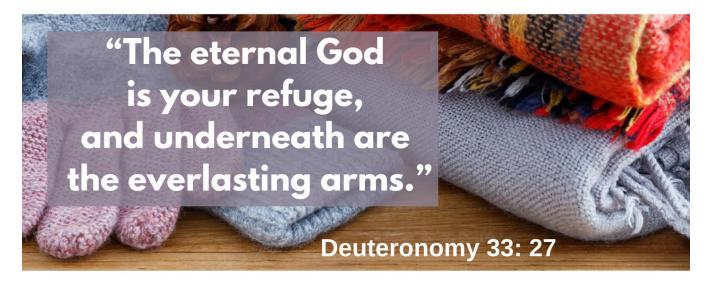
JANUARY 2024 NEWSLETTER





Services on Sundays at 11.00am in the church and informal fellowship at 4.00pm in the hall Online ministry on YouTube & Facebook Just search for "Upper Trosnant" Find us on social media @uppertrosanantbc

www.trosnant.org

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We are always happy to receive items for the newsletter. Please email articles or features for the February 2024 edition to uppertrosnantbc@gmail.com by Sunday 14th January.		

Letter from Pastor Richard God will be with us in ALL circumstances

I'm sure that at the beginning of each year we say the same thing, namely that we cannot be certain about what will happen in the next 12 months. And that is always true. If you look back over 2023, how much of what happened did you expect? And as we look at our world at the moment, the uncertainty there is in the Middle East and the economic situation in our own country to name but two things, we certainly don't know what will have happened by December 2024.



And so, more than ever we need to know "is there anything we can be certain of for the year ahead?" As Christians we can give a definite "yes" in answer to that. Our lives are uncertain, the world around us is uncertain, but God remains the same. We can be sure that he does not change. And we can be certain that he will look after us. There are some lovely words in Deuteronomy 33 v 27:

"The eternal God is your refuge, and underneath are the everlasting arms."

This is part of what Moses said to the people of Israel, just before he died. He would pass the baton of leadership on to Joshua. Whenever such a change happens, it can bring about a sense of unease. What Moses was saying to the people was this "God has been with us, and he will continue to be with you as you go forward. As they would encounter difficulties ahead, they would know God as their refuge, and his everlasting arms underneath them holding them up.

We can know the same in our lives today. We can take these words with us into 2024, whatever may happen to us, we know that God is our refuge, and that his everlasting arms are holding us up so that we will not fall. It may well be that there are tough things that will happen in 2024 – God will be there with his everlasting arms to hold us up. He won't take the tough things away but will be with us as we go through them.

And it may well also be that there will be things in this coming year that bring us great joy. In those things too, God is holding us up by his everlasting arms. He does not abandon us when we go through good times or bad times. He is not there just for the difficult things; he is not there just for the easy things. The ETERNAL God is our refuge – he will be with us at ALL times.

Here is a verse from a well – known hymn to encourage us:

Be still, my soul: your God will undertake to guide the future as He has the past. Your hope, your confidence, let nothing shake; all now mysterious shall be bright at last. Be still, my soul: the waves and winds still know His voice who ruled them while He dwelt below. Katharina von Schlegel translated by Jane Laurie Borthwick

May you all know God's everlasting arms underneath you throughout 2024.

Love in Jesus,

Pastor Richard

Our brother Tony Lewis

Our dear brother Tony Lewis passed away peacefully on 26th November 2023. We extend our sympathies to John and Sian, and Joanne and Richard along with the wider family. He will be very much missed – Tony became a great friend to us all. Although he had only been a member of Upper Trosnant for a short while, he had been part of the fellowship of our church over many years, faithfully worshipping at Trosnant with his wife Dorothy on Sunday afternoons after attending the service of the Methodist Church in the morning. His funeral is on Wednesday 3rd January 2024 at 1.00 pm in Upper Trosnant, followed by a short service in Gwent Crematorium at 2.30 pm. There will be a full tribute in the February Newsletter.

Doreen's Page: A Risk of Ice

Whether you are someone who loves to go outside on a bright frosty day, or whether you prefer to sit cosily by the fire until warmer weather returns, this piece from Doreen's book A Fragrance of Faith is a timely reminder of who is in charge of the seasons.

A screen on our car dashboard obligingly informs us that there is 'a risk of ice' when the temperature drops to 3 degrees. We know then that the gritters will be moving in, and we walk and drive with caution, because, of course, ice is slippery.

We wear jumpers, hats, scarves, gloves, boots – and some particularly chilly people carry hot water bottles! And through it all, we do not doubt that if winter comes, spring is not far behind. Here in the UK, we take it for granted that the promise God gave to Noah continues to be unbroken: 'As long as the world exists, there will be a time for planting and a time for harvest. There will always be cold and heat, summer and winter, day and night.' Of course, there will – experience proves it, and God has promised it.

The last leaves have long ago blown off the trees, and we now appreciate the strength and structure of each trunk and branch, outlined against the wintry sky, with buds already identifying leaves to burst out next spring. Bulbs already push eager shoots through the soil, which will continue to develop undaunted by alien temperatures. Planet Earth will spin through the winter solstice, with mathematical precision, because it was set in motion by the Great Designer himself.

The eyes with which you are reading this are an amazing structure: your brain translates what you see and enables you to understand the message. We are fearfully and wonderfully made. Each time I hear, or read, of yet another erudite discourse on the vastness of space with universes beyond our own universe, I am amazed anew that we live safely on this spinning planet which revolves in space, without visible support, surrounded by blackness – and we take it all for granted!

Whenever I hear the song, 'He's got the whole world in his hands,' I want to add an additional chorus, 'Thank goodness for that!' Indeed, the complete irrationality of the dependability of human existence on planet Earth should awaken a deep-seated gratitude that God is in control.

Treasures in Heaven

In Matthew 26, verses 19-21, we read some well-known words of Jesus: "Do not lay up for yourselves treasures on earth, where moth and rust destroy, and where thieves break in and steal; but lay up for yourselves treasures in Heaven, where neither moth nor rust destroys, and where thieves do not break in and steal. For where your treasure is, there your heart will be so also."

The driving force behind Jesus descending from heaven was to restore our relationship with God. Through faith in Jesus Christ and all He did on the cross for us, we are no longer God's enemies; we are his sons and daughters. But, in living for Christ, the greatest challenge we face is money and possessions.

So, what *are* our Treasures on Earth? One way to work out what they are is to write a list. What 'small stuff' and collectables do you have on your shelves? Now list all the appliances in your home; your clothes, your bedding, your TV. What about your car, your furniture, your house itself? Then there is the 'unseen stuff': your pension, your bank account. Imagine you have 20 seconds to save what your can – before all the rest goes up in flames. Circle the items you would choose to rescue – these are your Treasures on Earth.

It makes you think, doesn't it? Our lives are made up of so much stuff, but only a small part is truly treasure. In 1 Timothy 6:7, Paul says, 'For we brought nothing into the world, and we can take nothing out of it.' Before you jump to wrong conclusions, Jesus *didn't* say, You can't own a phone! Or that you can't buy a computer; a house; or gifts. Or that you can't drive a car, invest for your retirement, or own more than one shirt! What he *did* say is, 'Do not lay up treasures on earth...' In other words, we should stop focusing on accumulating money and possessions, and, rather, set our hearts on pursuing 'treasures in heaven.'

So, what *are* treasures in Heaven? There's a tendency to think this only refers to sharing with others and being generous. There is an element of truth in that, for example in Luke 14: 13-14, Jesus said, "But when you give a banquet, invite the poor, the crippled, the lame, the blind, and you will be blessed. Although they cannot repay you, you will be repaid at the resurrection of the righteous." What is important is the attitude of our

hearts towards what we have and to those less fortunate that us. We can see that storing up treasures in heaven includes giving to our church, to charities, to those in need. But there is more to laying up treasures than giving away our money and possessions. It also includes living for God's glory and the good of others.

The Bible refers to may ways Christians can store up 'treasures in heaven' or 'rewards':

- Faithfully enduring persecution (Matthew 5:11-12; 2 Corinthians 4: 16-18; 2 Timothy 4:8)
- Loving your enemies (Matthew 5: 43-8)
- Praying in secret (Matthew 6: 5-6)
- Serving the Lord and other people (Matthew 10:41-2; 1 Corinthians 3:8; Hebrews 6:10)

From just these few examples we see that 'rewards' are also associated with living and acting as Jesus did.

So, what's the bottom line? Real wealth is obtained by investing in 'treasures in heaven.' You are eternally rewarded when you give; when you pray and fast in private; when you forgive someone; when you share the gospel; when you love your enemies; when you endure insults and persecutions. And the greatest reward every follower of Christ will receive is this: Seeing God face-to-face (Matthew 5:8; Revelation 22:4).

In your desire to follow Christ, do you live your life for him because of what he can do for you – or do you live for him because you can be with him? This question really gets to the heart of the matter. But before you roll up your sleeves to start making deposits into your eternal ledger statement, hang tight. There's one final thing you need to know. In this passage we never hear Jesus say, 'Get to work!' What we do hear is this, 'For where your treasure is, there your heart will be also.' Like an experienced doctor who can diagnose the source of an ailment, Jesus knows that our struggle is an issue of the heart – not what we do or don't do. Jesus knows that what we value is reflected in how we live. This new year, ask yourself, Do I treasure Jesus, or do I treasure the world? Do I obsess over earning money and buying things? Or am I consumed with living and loving like Jesus? How you answer will let you know if you're living for Jesus, or for your own heart's desires. **Lorraine Breese**

The Life of Robert Raikes

Our daughter lives in Gloucester, and I was interested to learn that a very important figure in the history of the Christian church had been born and lived there. Robert Raikes was the eldest child of Mary Drew and Robert Raikes, a newspaper publisher. He was born in 1736, and was baptised at St Mary de Crypt Church, which is almost opposite the house he later owned, and which became his works in Southgate Street, Gloucester. This picture shows his house, which today has become a pub! Educated at the Crypt School in Gloucester, Robert inherited his father's publishing business in 1757 and become the proprietor of the Gloucester Journal.



He married Anne Trigge in 1767 with whom he had three sons and seven daughters.

Raikes became interested in prison reform and saw that vice was best prevented rather than cured, and that schooling was an effective intervention. The only available time for boys, working in the factories, was Sundays. Lay teachers using the Bible for teaching boys to read and then progressing to the catechism. Using his paper to publicise the schools, and he bore most of the cost of this himself.

The movement began in 1780 in the home of one Mrs Meredith. Only boys attended, with the older boys teaching the younger ones, but later girls also became part of the Sunday School Movement. There was much dispute in the early days, that Sunday Schools might desecrate the Sabbath, or that Christians should not be employed on Sundays, and one bishop opposed them on the grounds that they might be used for political propagandising. Despite all this, the Sunday Schools grew at a phenomenal rate. By 1788 there were 300,000 children attending a Sunday School in



their locality and by 1831 this had risen to 1,250,000. In 1910 there were over 5,500,000 in Sunday Schools in the UK and these became the forerunners of the current English School system.

a "Centenary In 1880 of Sunday Schools" medal was distributed to children attending Sunday Schools that year. It was a tribute to a great man who had seen a need amongst the poor children exploited for their labour. Christian Raikes's belief was amplified through his vision to become a worldwide movement.

Robert Raikes died in April 1811 in Gloucester with his recorded occupation as Philanthropist and Founder of the Sunday School Movement.

These schools were replicated in the British colonies. In Australia for example, Sunday Schools in New South Wales taught reading, writing and arithmetic alongside spiritual subjects and often children's libraries were attached to schools. Although started by missionary families in 1813 these were the forerunners of State schools in 1880.

Robert Raikes is remembered with a statue on the Victoria Embankment and another statue next to Queen's Park, Toronto. His eldest son, the Reverend Robert Napier Raikes, was the father of General Robert Napier Raikes of the Indian Army, while another son William Henley Raikes, was a colonel in the Coldstream Guards and fought in the Napoleonic Wars. Raikes great-granddaughter, Caroline Alice Roberts (1848-1920) was a fiction writer who married the composer Sir Edward Elgar.

Daniel Pearson



The Fertile Crescent - an introduction

Egyptologist, James Henry Breasted studied at Yale and Berlin and began teaching at Chicago University in 1894. Breasted coined the term "Fertile Crescent" to describe a crescent shaped region formed by the Tigris, Euphrates and the Nile rivers and this is regarded as the cradle of civilization and the birth place of agriculture.

Some historians include Cyprus in the crescent which makes the shape even more geometric. Breasted carried out several expeditions to explore the people, their languages and lives. His work uncovered many sources of languages, buildings and farming practices. The Fertile Crescent was home to many civilizations including Sumer, Akkad, Assyria, Egypt and Babylonia as well as the Levant. Please see map opposite.

A key to increasing agricultural productivity was water management. Drainage and irrigation (the artificial application of water to the land) were necessary to produce the right amount of water to soil temperature and sunlight to encourage crops to flourish. Egyptian farmers managed the Nile delta, with its rich soil deposits, and the same skill applied to Euphrates and Tigris to be highly productive. With today's technology we know that 300 to 750mm of rain is needed each year to grow cereal crops.

But this crescent was not only fertile in agriculture, but in trade, skills and technology such as metallurgy, communication and transport. Israel was a geographical center with it's origins in Genesis. In chapter 11 verse 31. Abram and his wife Sarai set out from Ur with Terah and Lot. From the map opposite, Ur can be found in the south east corner at the mouth of the Euphrates. The Lord had said to Abram, 'Go from your country, your people and you father's household to the land I will show you Gen 12:1-5. "I will make you a great nation, and I will bless you. He took his possessions they had accumulated and the people they had acquired in Harran, and set out for the land of Canaan, and they arrived there."



Verse 7 The lord appeared to Abram and said 'To your offspring I will give this land.' Verse 8 which tells us that Abram pitched his tent with Bethel on the west and Ai on the east and then set out for the Negev. Bethel is located just north of Jerusalem and in the 10th century BC made it the chief sanctuary of the northern kingdom (Israel). Abram travelled on towards Negev, which is a semi-desert region of southern Israel with an administrative capital, Beersheba.

Mission Focus: BMS World Mission in Israel and Gaza

For a number of years, our church has enjoyed supporting and getting to know two BMS couples working in Nepal - Chris and Debbie Drew, and then Angus and Helen Douglas. Now that both couples and their families have returned to the UK, we've decided to take the opportunity to look at the broad range of activities the BMS are involved in all around the world.

Because of the very serious situation in Israel and Gaza at the moment, we've decided to start there. Although the BMS do not have any missionaries in this area of the world, they do support two important ministries in the region - the Association of Baptist Churches in Israel and the Bethlehem Bible College.

Here's a bit of background to these two organisations....

The Association of Baptist Churches in Israel

The Baptist ministry in the Holy Land began in Nazareth, in 1911, as a result of the vision and faith of a Syrian Christian, Shukri Mosa. Shukri had been converted in Texas, America, and returned to Galilee as a 'native worker,' sponsored by the Southern Illinois Baptist Convention. In following years, the International Mission Board of America sent over more mission workers who set up other Baptist churches. By 1965, the Association of Baptist Churches in Israel was founded as an umbrella organisation to support all the Baptist churches in Israel. It is now the largest network of evangelical churches in the country, with 18 churches, 1000 baptised members, and a community of 3000 people.

The Association's aim is to support churches in every way possible by providing resources; helping to build ministries for youth, families and children; supporting pastors; organising retreats; and developing all talents available, in order to strengthen the Christian witness in the Holy Land and beyond. The churches work together with other denominations of Christians, and the BMS partners with them in all aspects of their work.

The Bethlehem Bible College (BBC)

In 1979, a Christian named Bishara Awad, who had been studying in the United States, returned home to his native country and became principal of Hope Christian School near Bethlehem. As principal, Bishara saw that many of his students had to travel abroad to continue their theological education - and many never returned. With the Christian population of the region shrinking, his concern was that the Christian community in the Holy Land might disappear altogether. A dream began to grow in his heart to set up an evangelical, inter-denominational Bible College where students could study and serve in their native land.

The BBC started in 1981 in a very low-key way, prompted by a small gift of \$20 from a pastor from Jerusalem who shared Bishara's vision. In its first year, only nine students enrolled, and they attended evening classes taught on the campus of Hope Christian School. For the first few years, all classes were taught by foreign missionaries due to the lack of local Christians with any theological training.

Interest in the college courses was great and the college expanded rapidly such that, by 1990, the college was in need of larger, permanent facilities of their own. After much prayer, God provided a more suitable location with plenty of classrooms, a library, chapel, media centre, and guesthouse.

So great was their success that, by 2010, they had built a brand new, three-storey facility, and had extended their programme to the north of the country, forming Galilee Bible College in 2007. Nazareth Evangelical College came into being in 2015 and, more recently, a satellite campus was set up in Gaza to strengthen the small Christian community living there. The BMS involvement is primarily in giving long-term support and assistance to students as they work their way through their College courses and beyond.

With such serious and ongoing conflict between the Jews and Muslims living in the Holy Land, let's pray that through the preaching of the gospel and the changed lives of those who turn to the Lord, a measure of peace and reconciliation may come about in this region. The Association of Baptist Churches in Israel, and the Bethlehem Bible College have made specific requests for prayer for all those caught up in the current conflict between Israel and Gaza, and the BMS Facebook page has a list of their specific prayer requests. Please turn to the Prayer Page (page 17) for a summary of how we can pray.

Jill Morley

Upper Trosnant Update

- As this Newsletter is being produced, we are in the middle of our Advent and Christmas activities there will be a full Christmas Review in the next Newsletter...
- The decorations are up in the church and hall we are so grateful to all of those who have helped to put them up – they look really good.
- We have already been to sing carols at Ty Ceirios. It was good to be able to be there to share a Christmas message with those who were there. We will be continuing to visit there each month on the third Monday afternoon.
- We enjoyed a superb afternoon when the Spirit Choir came to visit us. They were in great voice as they sung a variety of pieces. They were ably led by their Musical Director Simon Oram, whose jokes were as bad as ever!
- The Christmas Ploughman's Lunch was well attended. There were so many positive comments about the menu, which included hot potatoes on a cold winter' day and finished with delicious mince

pies with cream – thank you for your feedback. We intend to do a "Ploughman's" for each of the main seasonal events: Christmas, Easter and Harvest. The atmosphere in the room was also great – God was with us.

 After the lunch, flowers were presented to Anne Orphan of Malpas Road, as a token of our gratitude for her many hours of hard work planning, preparing and serving meals at Upper Trosnant events throughout the year. We have been greatly blessed by her wonderful ministry.



- Also at the Christmas Ploughman's lunch, there was a special celebration – Lorraine and David Breese were celebrating their 40th wedding anniversary! May the Lord bless them both as they serve and worship in the Upper Trosnant church family.
- Our weekly meetings continue to be a real encouragement. Warm Space and Open House are much appreciated by those who attend. Sisterhood goes from strength to strength. We thank God for his goodness in these things and pray his continued blessing throughout the coming year.



• As we mark the end of one year and the beginning of another, Pastor Richard and Annmarie would like to thank all of the fellowship for your love and prayers. They are so thankful for the way that so many of you serve the Lord well in a variety of different ways.

Christians Against Poverty

On 9th January at 9.30 am there will be a Prayer Meeting for Christians Against Poverty in the Hall. Everyone is welcome to join with members and friends of other churches in praying for those whose lives are blighted with debt, and for the local CAP representative, Simon Matheson, and the many volunteers who work with him in helping people escape from what often seems like impossible situations. The need is particularly great after the Christmas season when it is so easy to overspend. The work that Simon does is totally confidential, but the ways that lives are changed is truly inspirational. If you would like to know more about how CAP can help people in debt, there are leaflets available in the church hall.

CHURCH DIARY FOR JANUARY

SUNDAY SERVICES AND PREACHERS

11.00 am: In the Church building and later on YouTube; followed by Tea and Coffee in the Hall.

7 th	Pastor Richard (Communion)	
14 th	Dale Norman	
21 st	Pastor Richard	
28 th	Pastor Richard	

SUNDAY AFTERNOONS @ 4 O'CLOCK

Meeting together in the Hall, with tea and coffee.

7 th	Fellowship and Facebook Live with Pastor Richard	
14 th	Fellowship and Facebook Live with Annmarie	
21 st	Informal Communion	
28 th	Fellowship and Facebook Live with Pastor Richard	

Monday

1st – No Meeting (Happy New Year!)

15th, 22nd and 29th – **WARM SPACE** 2.00–4.00 pm in the

Hall. Everyone is warmly invited to drop in for a friendly chat over a nice cup of tea or coffee and biscuits.

8th – OPEN HOUSE 2.00 – 4.00 PM in the Hall – We play games or share crafts, or just meet for a cup of tea and a chat.

15th – 2.00 pm – SERVICE @ TY CEIRIOS – everyone is welcome to come along and sing with the residents there.

TUESDAY – SISTERHOOD 2.30 – 4.00 pm in the Hall

2 nd	No Meeting		
9 th	Annmarie		
16 th	Pastor Richard		
23 rd	Lorraine		
30 th	Jill		

WEDNESDAY – PRAYER AND BIBLE STUDY

3rd – 6.50 pm for a 7.00 pm Prayer for the New Year

10th – 1.50 pm for a 2.00 pm start, led by Annmarie

24th – 1.50 pm for a 2.00 pm start, led by Jill

 $\mathbf{31}^{st}$ – 1.50 pm for a 2.00 pm start, led by Pastor Richard

17th – QUARTERLY CHURCH MEETING

5.50 pm for a 6.00 pm start.

This is the meeting where we make decisions about the activities of the church. Non-members are welcome to come along to observe. Members are encouraged to attend if they can, and to show their support for our leadership team.

THURSDAY 25th – Service for Pontypool Churches

7.00 pm at Crane Street Baptist Church, Pontypool.

The Churches United in Pontypool will be holding a special Service as part of the Week of Prayer for Christian Unity. Everyone is welcome.

SATURDAY 27th – SOUP ON SATURDAY 1.30 pm in the Hall.

Please see the Back Page for details of how to sign up...

	Reading	Door	Teas AM	Flowers	Teas PM
7 th	Ena	Anthea	Clare	Barbara	Anthea
14 th	Dale	Lorraine	Lorraine	Anthea	Lorraine
21 st	Priscilla	Ena	Rhoswyn	Clare	Clare
28 th	Jill	Priscilla	Janet J	Sandra	Annmarie
Comr	nunion:	7 th : Lorraine	21 st : Cl	are (P.M.)	

ROTA for January

Prayer Page: Prayers for Peace

These are the prayer requests of BMS World Mission partners working in Israel and Gaza:

- For peace and an end to this terrible war, and that God's justice and mercy will be seen.
- For all who've lost family members, or been forced from their homes, and need strength and courage to keep going.
- For the safety and liberation of hostages taken, and success for mediators trying to facilitate their release.
- For wisdom and discernment for leaders and the decisions they make about the way forward to bring an end to the conflict.
- For sustaining strength and protection for all aid workers and those responding to the crisis with medical assistance and practical support.
- That Lebanon will not be drawn into the conflict, and that threats of escalation from Hezbollah will be contained.
- For BMS partners in Lebanon as they prepare to respond if hostilities do escalate.

Pray too for the ongoing situation in Ukraine; for the soldiers, their families, those displaced by the war, those who have lost loved ones and homes. Pray for wisdom, patience and discernment for the international agencies which are working for peace in our world.

Prayers for the New Year

As we go into 2024 and throughout the year:

- Let's ask God that in our individual and church lives we will be diligent in studying God's Word, and putting it into practice.
- Let's ask God that in our individual and church lives we will be sensitive to the leading of the Holy Spirit as he takes the Word and applies it to our lives.
- Let's ask God that in our individual and church lives we will see him being at work in the hearts and lives of many people.

Prayers for our Church Family and Fellowship

- Lift up Pastor Richard and the leadership team as they plan and organise all the activities of Upper Trosnant in January and for the year ahead.
- Pray that every service in church, and every 'Facebook live' will be powerful and effective in sharing and teaching the word of God.
- Lift up everyone who has made it their New Year's Resolution to come to church, or to return after perhaps a long time away from God. Pray that nothing will stand in the way of them coming.
- Pray for the Warm Space and Open House meetings in the cold month ahead, that many will come to enjoy the warmth of the hall and the company of Christian friends.
- Pray for Soup on Saturday, that it will be a time of great blessing for all those who attend.
- Lift up Dale Norman as he begins his last full term of ministerial training at Cardiff Baptist College, and ask the Lord to bless him, Naomi and Felicity as they seek his guidance as to where they will serve him.
- Pray for our missionary friends Margaret and Roy Collins-Reese in Toulouse, asking especially for protection for their friends in the Jewish community in these times of heightened antisemitism.
- Pray for the service for the Week of Prayer for Christian Unity, and that God will bless every church in our valley.
- Lift up Sue and David Verwey as they share the gospel to many in Japan.
- Please pray for all those who are ill or frail, or recovering from illness or accidents, or in need of a special touch from the Lord: Val Attwell, Emma Attwell, Barbara's sister Brenda, Beryl from Blaenavon, Tom Whiley and Julie Blake, Dave Breese, Pam Charles, Doreen Dixon, Lindsey Firth, Liz Harris, Doreen Harrison, Audrey and Eric Jones, Jean Miles, Helen Norman, Jeff Parry, Judith Parry, Janet Pollard, Ann Price, Ron Saunders, Alwyn and Ann Stephens, Linda Swires-Hennessy, Greta and Derek Wagg, Marion Webb.



You are invited

UPPER TROSNANT BAPTIST CHURCH



Please let us know if you are coming via the contact details below.

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