

**UPPER TROSNANT
BAPTIST CHURCH**



AUGUST 2023 NEWSLETTER



Jesus said,
“Come to me all you
who are weary
and burdened and
I will give you rest.”

Matthew 11:28 □

Services on Sundays at 11.00am

Online ministry Sunday@4

Go to Facebook or YouTube

and search for “Upper Trosnant”

Find us on social media @uppertrosnantbc

www.trosnant.org

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Newsletter Items:

We are always happy to receive items for the newsletter. Please email articles or features for the September 2023 edition to **uppertrosnantbc@gmail.com** by **Sunday 13th August.**

Letter from Pastor Richard

Resting in the Lord

As I write this, I am going through quite a busy period. There have been funerals, a wedding, meetings and other engagements, as well as the usual work of study, preparation and visiting. I'm sure it's true for many of you too. Those in work know well the busyness of life – fitting in work, family and church and everything else can be a challenge. And for those who are retired too, life can still be extremely full. I don't know how many times people have said to me "I don't know how I had time to work!"



The Summer is often a time for rest from all of that. Many people go away on holidays, others take the opportunity for a break at home. And the whole rhythm of life is such that rest is needed. We simply cannot keep on going without stopping – we were made by God for times of rest amongst everything that is going on. Going right back to creation, God created the world, and then he rested. Not that he was tired, Isaiah 40 v 28 tells us:

The LORD is the everlasting God,
The Creator of the ends of the earth.
He will not grow tired or weary.

God rested to provide a pattern for our lives. And we are to spend our time, yes working hard but also resting. And we can come to Jesus to give us the rest we need, we can spend time with him. He gave us this invitation:

"Come to me, all you who are weary and burdened, and I will give you rest." Matthew 11 v 28 (NIV)

And so, if you are feeling tired and weary, accept his invitation. Jesus has provided that for you – come to him in all your busyness and rest.

But there is another meaning to resting in Jesus – you can rest in all that he has done to deal with the things that are wrong in our lives – through his death and resurrection to provide forgiveness. Come to him and rest in ALL that he has done.

So, if you are going away on holiday, or not, I trust that you will all be able to spend time resting in Jesus.

I was reminded of another lovely old hymn recently:

*Jesus, I am resting, resting
in the joy of what Thou art;
I am finding out the greatness
of Thy loving heart.
Thou hast bid me gaze upon Thee,
and Thy beauty fills my soul,
for by Thy transforming power
Thou hast made me whole.*

Jean Sophia Pigott

Love in Jesus,

Pastor Richard

Update on Upper Trosnant's CIO Status

During the past year, church members have been involved in the ongoing process for Upper Trosnant to become a Charitable Incorporated Organisation, as is required under changes in the law. The Trust Deeds for Upper Trosnant are now being looked after by the Baptist Union of Wales Corporation. Our very grateful thanks to the outgoing local trustees, Sue D'Aloia, Keith Fordham, Howard Jones and Phil Norman as well as others who previously served in that capacity.

The Church Draft Constitution has now been sent to the Charity Commission for approval. This could take some months. In the meantime, the Leadership Team will be looking at our supporting document with a view to bringing it to a Church Meeting in September. We are extremely grateful to Christian Williams of the BUW who is ably and wisely leading us step by step through this whole process

Doreen's Page: The Sound of Summer

This thoughtful reflection on being contented in the summertime comes from Doreen's book, "Just a Thought in Passing.

Maybe we have romantic ideas concerning the sounds of summer. We imagine the hum of bees among the roses; children laughing as they play together outside; swallows soaring high in the sky, adding their song to that of blackbirds, thrushes, robins. The pleasant voices of contented people enjoying a long summer evening...

Do we need to think again? Bees are in decline, and the hum of a bee can be quite a rare noise. Children do not have the same freedom to play out as did their parents. Our society has become over-protective, afraid of who or what might be lurking out there. Some species of birds are becoming scarce, as are some species of butterflies.

Contented people can be harder to find these days. Where I live, a long summer evening is frequently punctuated by the roar of motorbikes hurtling up the road as if it was a racecourse. So how can I replace romantic idealism with reality, and count my summertime blessings? Well, there are still some bees, birds and butterflies and the roses are blooming beautifully. On account of sun and rain, the rest of the garden is beautiful as well. There are lots of pleasant people around and I guess I should be grateful that I can hear the roar of the motorbikes and that so far no rider appears to have fallen off! When there is a lull in traffic, I often hear poultry in a backyard up the road, clucking and crowing as if this was the heart of the country.

Contentment is a quality of heart and mind which does not depend on circumstance or social condition. St Paul wrote, "I have learned to be content whatever the circumstances. I can do everything through him who gives me strength. My God will meet all your needs according to his glorious riches in Christ Jesus."

The promise which God gave to Noah thousands of years ago, still holds true: "As long as the earth remains, there will still be summer and winter." Enjoy yourself – it might be later than you think.

Entering into God's Rest

With the daily bombardment of bad or sad news in the media, and the struggles of managing the pressures and demands in our own lives, it's easy to feel we're in a constant battle to just keep our heads above these turbulent waters and not be overwhelmed.

So what positive news it was to learn, at a recent midweek Bible Study, that God wants us to join Him in His place of rest - and that's not just looking forward to heaven, but can begin right away! This sounds just like the good news we need to hear, but in practical terms, where is this place of rest, and how can we get there? As we studied Hebrews chapters 3 and 4, we began to find some answers.

We started by going right back to the beginning, when God placed Adam and Eve in the most beautiful garden Eden, and gave them the responsibility of caring for it. As any gardener knows, this could have been very hard work, but not so for Adam and Eve, for at that time there were no weeds to hurt you, like stinging nettles or plants with vicious thorns, nor were there any pests such as slugs or weevils or other undesirables, to attack or devour the plants, and there were no diseases that would spoil the beauty and glory of the garden. With these excellent conditions, their work was not a daily grind but a pleasure and delight.

Not only was their 'work' a joy to Adam and Eve, but another huge blessing was the wonderful freedom of having completely clear consciences, with nothing on their minds or hearts to weigh them down –no crushing feelings of guilt or shame, nor of insecurity, or sadness, or fear, or anxious forebodings. As a result, they were able to enjoy a completely free and close relationship with the Lord as they walked and talked with Him in the garden.

Happy in their work and environment, and with such peace of mind and heart, Adam and Eve would have had an energy and joie de vivre that we can hardly imagine. This is what is meant by the place of God's rest – a place where we are back in a relationship with Him, set free from fears and anxieties and the burden of a guilty conscience, enjoying peace of mind and heart, and a sense of purpose and fulfilment that is almost beyond understanding in today's fraught world. The good news

is that God invites us into that place of rest **today!** So the next question is... how do we get there?

The first step is to respond to His invitation to come to Him. Jesus said, "*Come to me all you who are weary and burdened and I will give you **rest.***" (Matthew 11:28). It is the most wonderful truth that Jesus took all our sins, guilt, fears, sorrows and sicknesses onto Himself when He died on the cross, and if we respond humbly to His invitation to come to Him, He will cleanse us from all that is impure and harmful in our lives, and give us a whole new outlook on life. He will give us His righteousness and peace, and that sense of joie de vivre that Adam and Eve had at the beginning.

The second step is to keep on keeping on, and not be tempted to turn back in our walk with the Lord. We can't help but be affected and influenced by all that goes on in the world around us, and we're not immune to life's troubles, but He is with us always and will guide and help and strengthen us. Hebrews 4:11 tells us we must 'strive' to enter God's rest and it is a daily battle, but it's worth the effort because of the benefits we receive as a result!

So what does it mean to 'strive' to enter God's rest? Here are some thoughts that may be helpful....

- 1) Keep encouraging one another daily. With so much to discourage us in life, a word of kindness and encouragement can give us the impetus to keep going.
- 2) Keep trusting in the Lord and His promises, however difficult things may seem. He promises to work everything together for good for those who love Him, and He is faithful and will do just that.
- 3) Take one step at a time and savour each moment. There is so much that is precious and special each day, whether it be a robin singing or the beauty of a flower, and it's sad to be so busy or anxious that we miss these moments.
- 4) Count our blessings, thanking God for His provision of all our needs, and the things He's given for our enjoyment... food, clothes, homes, sight, health, family, friends... these are truly gifts from God.
- 5) Don't be driven by pressure but be led by peace. Jesus, our good

shepherd, leads from the front, and if we follow Him closely, He will lead us along the safest paths, to the green pastures and the still, refreshing waters.

- 6) Don't be ruled by emotions (very powerful things!) nor allow our imaginations the opportunity to make us fearful of every possible problem that may lie ahead. The Lord is in control of all things – present and future – and wants us to REST and trust in Him.

May He help us to put these things into practice today and every day and experience the reality of entering and living in that wonderful place of God's rest.

Jill Morley

God's Canopy

This lovely poem was written especially for Rhoswyn and Malcolm Williams, whose birthday was on 1 August.

To stand beneath God's canopy
and watch an evening sky,
You see the Heavens where Christ came
to dwell on earth to die. -

We see the moon and stars that shine –
they shine because of grace;
No strings are used by God above
to hold them all in place,

Some will see the stars that shine
as such an awesome sight,
While others see it differently –
As just a starry night.

From earth we gaze and wonder
where countless feet have trod;
Next time just take a closer look
– And then say there is no God!

Terry Jones

Help! And thank you for helping...

A Church is like a family where things run smoothest when everyone does their bit to help. At Upper Trostant we are very grateful to our leadership team who meet regularly to plan services and events, liaise with other churches and organisations, and budget and manage our church finances. But we are also very grateful to all the members of the church family who help in other ways too. Upper Trostant could not run properly without you!

This month a new sign-up sheet for Helping in Church has gone up in the Hall, covering the jobs that need to be done every Sunday. If you have never helped in Church before, please consider if you could do so in one of these ways:

- **Reading the Bible:** Pastor Richard will give you the passage (printed in large type if you wish), in advance so you can practice at home.
- **Greeting people at the door:** All you need is a friendly smile – and a warm coat in the winter! You will need to arrive at about 10.30, and on certain weeks there may be Newsletters, BMS envelopes etc to give out. This job also involves taking the offering if you are able, but if not, somebody else will always lend a hand.
- **Making tea and coffee after the service:** If you have never helped with this before, why not volunteer to assist one week, and you'll soon know your way around the kitchen? It's best to pop to the hall before the service to get the kettles filled and the mugs ready.
- **Giving flowers:** The flower rota is available to sign up 6 months ahead, as many people like to give the flowers on dates that are special to them. The choice of flowers and colours is entirely up to you, and after the service you may wish to give them to somebody yourself. Otherwise, they will be enjoyed at the Tuesday Sisterhood meeting then given as a gift to somebody who is unwell or in need of encouragement.

And a Special Reminder about Gift Aid...

If you are a taxpayer and give an offering even occasionally, the Church can claim an extra 25% on your donation from the government. This helps the Church but costs you nothing – just ask Church Treasurer Keith Fordham for a simple form to fill out. Recently Upper Trostant received a payment of £9,496 from two years' of gift aid reclaimed. Thank you to everyone who already makes a contribution in this way.

Bible Notes (29) Wells, Springs and Cisterns

Daniel Pearson
Part Three

Water was a scarce resource and after the exodus (Exodus 15:27) the Israelites wandered in the desert, never sure when they would drink and water their animals. It must have been a welcome sight after they had spent three days in the desert, to come to Elim where there were twelve springs and seventy palm trees - Numbers 33:9.



Above Elim and right its location by the eastern shore of the Red Sea

Wells, springs and cisterns all depend on a subterranean source of water. Water flows and is stored underground in cisterns which can be a small rock cavity or a rock basin which holds a substantial amount of water in shale or porous stone (often referred to as aquifers) - just waiting for the well diggers to pierce this hidden treasure. We can understand the celebrations when the diggers struck water. The landowner suddenly became richer and his land more productive.

Here in the eastern valley of Wales we have good examples of underground drainage. The Big Pit mining museum at Blaenavon

is only viable as an underground exhibit because the pit is self draining. So many pits have to continually run pumps to keep their workings dry. Above Blaenavon water was used as a counterbalance to lift trucks to charge the furnaces and the Keepers Pond stored water for that purpose - supplied from springs. The balance tower is still evident at the museum site. The Environmental Agency tell us that aquifers, porous rock, to the north of Torfaen is an essential part of the water supply system and water storage. But the water has to come from somewhere to supply freshwater rivers, lakes, wells, springs and cisterns. We have taken our green and pleasant land for granted with its regular rainfalls, but in 2022 we have had a drought.

There are over 50 Bible references to rain and in **1 Kings 18:42** Elijah prays for rain This is a remarkable account of the Lord's prophet praying for rain and through his faith his prayer is answered.

Acts 14:17 'He has shown kindness by giving you rain from heaven and crops in their seasons; he provides you with plenty of food and fills your hearts with joy'. **Hebrews 6:7** 'Land that drinks in the rain often falling on it and that



produces a crop useful to those for whom it is farmed receives the blessing of God. **Job 5:10** 'He bestows rain on the earth; he sends water upon the countryside'. **Water is a God given resource.**

Focus on Mission 1:

A Letter from the Japan Mission

Dear Friends,

Japan Mission continues to make Bibles available to China. Methods of getting Bibles into that country were severely hampered as the borders closed due to the pandemic, but various routes are now opening up, as many people are again engaging in cross-border travel.

Churches in China experienced many trials in recent years. We recently received a report from an associate who is a minister of a number of churches in China. He explained the unique challenges they faced since the outbreak of Covid:

“For the past few years, the government has been able to track people’s movements through a Covid phone app that is required for all travel, whether by airplane, train or bus. When we enter a station or purchase a ticket, the app reveals our identity. If we are on a government blacklist, as Christian ministers often are, then our travel is blocked. Those preachers who are able to travel, find their movements monitored and traced. The authorities have a record of everywhere we go and every person we meet. This has forced us to become more cautious, but we continue to share the Gospel. We will never stop serving the Lord!

“During the Covid lockdowns, many Bible study groups started to meet on Zoom and WeChat (the most widely used Chinese social media app). After a few weeks, the police came and arrested many of the leaders. Some were even dragged away while they were teaching God's Word, with church members witnessing the arrest live on their phones. The authorities also used people’s devices to identify and monitor those who participated in the online meetings. We have learned our lesson and will not be holding online meetings this way again.

“It seems that all Christians are being systematically identified, and if they have any dependency on the government, they can face difficulties. For example, many elderly Christians in our fellowships have been told not to associate with people from the church and to deny Christ. When they refuse, the government takes away their pension and free medical care.

“Despite all the challenges and troubles, the number of new believers in our churches has continued to grow! Our Lord told us not to hide the light of the Gospel, but to put it on a lampstand so everyone can see. We will continue to share Jesus for as long as we can, with as many people as possible. We have been distributing thousands of tracts, and have found that most people seem more receptive to the Gospel than before. Their confidence in this world and in the Communist Party has been deeply shaken by the pandemic and the economic woes that are destroying our country. I am especially burdened for the youth of China. They really need Christ. Many people have committed suicide since the pandemic started, as they lost their jobs and all hope to live.

“It seems that the government is determined to completely choke off the supply of Bibles. Our main concern is for the many new converts. They must have God’s Word, or they will not be grounded in the faith. In the past, young people found ways to access the Scriptures through apps and websites, but most have been shut down in the last few years. Physical Bibles are becoming increasingly rare, and a famine of the Word of God is coming upon us. Thank you for all you do to provide us with the Word of God!

“Although I expect things will become even more difficult, we are not afraid. Jesus promised we would be hated by all nations because of Him, and so it is a great honour to suffer because of our affiliation with the true King. Even our ability to buy food or function may soon be blocked, but God is in complete control. He died for us, and we are His precious inheritance. No matter what men may do to us, the Lord taught us to trust and not fear.”

Please pray for the church in China. Pray also for wisdom and protection for those who are transporting the Bibles. We are certainly in need of your continued partnership in this vital ministry.

Warmly in Him,

David Verwey

Focus on Mission 2: **The Douglas family say farewell to Nepal**

After 11 years of working for the BMS in Nepal, Angus and Helen Douglas and their family have now left Nepal and are settling into their new home and new life in the UK. They left in early June, and in a final newsletter they described the preparations for their transition to a country so different in every way from Nepal. When they first left the UK for Nepal in 2012, their son, Caleb, was only 8 years old, and his sisters, Charis and Esther, were only 5 and 2; so for the children, Nepal has always felt like home. In their final weeks in Katmandu, they went through lots of 'lasts' and saying goodbyes, and were surrounded by 'to do' lists.

They had 4 extra lists on their kitchen door:

1. What I will miss from Nepal
2. What I will NOT miss from Nepal!
3. What I am looking forward to in the UK
4. What I am NOT looking forward to in the UK!

They all agreed they certainly would not miss Nepal's bugs and beetles, nor the pollution or constant noise, but they were going to miss the people they would be leaving behind. Likewise, they were looking forward to being nearer to family members and old friends in the UK, and these lists helped them to recognise that relationships are their most valuable possession, wherever they live. Everything else is just 'stuff' which can be discarded, sold or given away. What endures is relationships, community and love, which explains why goodbyes are painful. Angus spent his final weeks in Nepal handing over his various roles to others, and he has been encouraged to see how God has provided successors for several of his roles. He hopes to maintain his support for INF when in the UK, by remaining on the international board.

Helen delivered her final training sessions at the Leprosy Hospital in Katmandu, where she first started work as a GP over 10 years ago. She has been so encouraged to see this Leprosy Mission Hospital growing and thriving, having built a beautiful new facility with the help of international grants. The vision for the centre is to introduce a far greater range of general services which will in turn provide the income to give leprosy care for patients from right across Nepal. Dr Kaleb is a wonderful Nepali

Christian doctor who works at the hospital. his father and the entire family came to faith when he was a patient in a rural mission hospital, and Kaleb trained as a paediatrician. He has a heart for reaching out to the community around through medical care, and it is a great encouragement to see how God is calling and equipping local Christian medical workers to sow His kingdom love in Nepal. Kaleb's brother, Arun, also trained as a doctor and now works for INF as their Medical Director.

Concerning the children, Charis has accepted a place at 6th form in Birmingham, and Esther has an interview for a local Catholic school. Qiniso has been offered a place in a C of E Primary school. Both Angus and Helen, who is doing a GP refresher course, have started the process of finding jobs for when they complete their 3-month tour for the BMS.

They ask for our prayers during this season of adjustment:

- that they would be kind, patient and gracious to one another, and that the children would feel firmly and securely rooted in the love of family and of God during this time of change.
- For their UK home assignment tour to be an encouragement to all who have so faithfully supported them, and that they would be given strength and stamina for a busy tour in the midst of transition.
- for God's provision, direction and guidance for all that lies ahead – for the right school places for the children, the right jobs for themselves, for new friends and for a new church.
- for their Nepali friends and colleagues, knowing that they will not meet many of them again in this lifetime: for God to bless, encourage, strengthen, guide and keep them. To those dear people they say, "Nepal, you will forever hold our hearts. It has been an absolute privilege and blessing to live and serve there. Thank you for your generosity, warmth, kindness and love. We have learnt so, so much more than we ever taught. You have been an absolute gift to us. You have forever changed us for the better and shown us so much more of our wonderful Father God."

To us they say, "thank you for your faithful support. We absolutely could not have lasted so long without it. Your prayers, love, faithfulness and giving have sown seeds into eternity. Thank you and God bless you."

Angus, Helen, Caleb, Charis, Esther and Qiniso

Upper Trosnant Update

- God continues to bless us as a church. It is really wonderful to know his presence as we have fellowship with each other, and worship God together. Let's continue to pray that we will be listening to what he is saying to us as individuals and as a church. And, that by the power of the Holy Spirit we will be obedient to what he has called us to do.
- As this Update was being put together, we had not yet had our Sunday @ 4 meeting for July but were looking forward to the visit of Roy and Margaret Reese who will update us on their work in the South of France. There will be a report in the September Newsletter.
- Nor had our July Teatime at Trosnant yet happened, but we anticipated as always enjoying good food and conversation together with a short Bible message and maybe even a musical item.
- The monthly Churches United in Pontypool Prayer and Praise evening took place at the end of June at the Salvation Army. Once again, we knew God's presence with us as we praised and prayed for God to be at work. The next meeting is on Thursday 24th August (see Church Diary opposite). We were very disappointed that the Songs of Praise in the park had to be cancelled due to the weather conditions. We are planning future events – watch this space!
- Most of our Garden Fellowships have been in the hall, due to the unsettled weather. It has been good to be together for chat and refreshments. Open House, too was an encouraging time, including a good discussion about what faith in Jesus really means.
- Sisterhood celebrated with an "end of term" party. It was great to enjoy food together, sing God's praise and reflect on his goodness over the past year. This meeting truly is an encouragement. It will recommence on Tuesday 12th September at 2.30 pm.
- We are delighted to welcome David and Lorraine Breese to our Leadership team. It was agreed at a church meeting in June to co-opt them as Deacons. Lorraine, with the help of David, has agreed to take on the role of Church Secretary.
- Pastor Richard attended a meeting of the Opening Doors Networking Forum. Trosnant is a part of this because of what we are doing to reach into our community. We are pleased to be recognised in this way.

CHURCH DIARY FOR AUGUST

SUNDAY SERVICES AND PREACHERS

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

- 6th** – Pastor Richard (Communion)
- 13th** – Pastor Richard
- 20th** – Pastor Richard (Communion)
- 27th** – Pastor Richard

SUNDAY AFTERNOONS @ 4 O'CLOCK

- 6th** – Facebook Live with Pastor Richard
- 13th** – Sunday @ Four Special in the hall: Tea & Facebook Live
- 20th** – Facebook Live with Annmarie
- 27th** – Facebook Live with Pastor Richard

MONDAY

- 7th** and **21st** **Garden Fellowship** in the Church Garden
- 14th** – **OPEN HOUSE**– from 2.00–4.00 pm in the Hall
- 21st** – **TY CEIRIOS** 2.00 pm service for the residents
- 28th** – **No Meeting** – Bank Holiday

TUESDAY – SISTERHOOD

The Sisterhood is taking a break for the summer; their next meeting will be on Tuesday 12th September. Some of the ladies will however continue meeting for informal Tuesday fellowship over a cup of tea, and would be delighted to see you there.

WEDNESDAY – PRAYER AND BIBLE STUDY

- 2nd** and **16th** – 6.50 pm for a 7.00 pm start
- 9th** and **23rd** – 1.50 pm for a 2.00 pm start
- 30th** – 2.00 pm Church Prayer Time

THURSDAY 24th – PRAYER AND PRAISE EVENING

Join with **Churches United in Pontypool**, 7.00 pm at Crane Street Baptist Church.

Prayer Page

Let us Pray for our World:

- Pray for the countries ravaged by the heatwave and wildfires around the Mediterranean, and the floods in Canada and elsewhere. Pray for wisdom for governments and international organisations, that they will work together to find effective ways to reduce global warming.
- Pray for those suffering in war: the people of Ukraine, and many nations in Africa. Pray for lasting peace to descend, for wounds to be healed, and for justice to prevail.
- Remember for those who suffer persecution, including girls and women in Afghanistan who are denied access to education, and Christians in China, India, Pakistan, who cannot worship freely.
- Pray for 'our' missionaries overseas: Margaret and Roy Collins-Reese in Toulouse; Sue and Dave Verwey in Japan.
- Ask the Lord to bless Helen and Douglas family as they settle in the UK after many years of missionary work, and also to guide Upper Trosnant as we seek to support a new BMS missionary or family.

Let us Pray for our nation and our town:

- Pray for the Prime Minister, the Westminster Government, the Welsh Senedd, and Torfaen Council, as members take summer breaks. May the Lord give them wisdom regarding future policies and priorities.
- Remember those seeking employment or in need of housing, and for the organisations who support those in need, especially the foodbanks and Christians Against Poverty.
- Lift up all who work in the NHS and in the care sector.
- Pray for Church Leaders and Churches that the Lord will use his people to make a real difference in their communities.

Let us Pray for our Church and Church family:

- Pray for Pastor Richard, Annmarie and our leadership team that they will have times of rest and relaxation, even as they plan and prepare events and services for our church fellowship.
- Praise God for answered prayer as Dale and Naomi move to their new home; pray for Dale preparing for his final year of ministerial studies.
- Lift up David Breese as he recovers from his hospital stay.
- Remember Beryl as she mourns the loss of Martin.

Let us Pray for members of our fellowship who are living health problems or recovering from illness or accidents, or in need of a special touch from the Lord: Val Attwell, Emma Attwell, Barbara's sister Brenda, Pam Charles, Doreen Dixon, Lindsey Firth, Liz Harris, Doreen Harrison, Audrey and Eric Jones, Jean Miles, Helen Norman, Jeff and Judith Parry, Janet Pollard, Ann Price, Ron Saunders, Ann Stephens, Alan Stephens, Linda Swires-Hennessy, Greta and Derek Wagg, Marion Webb.

ROTA for August

	Reading	Door	Teas	Flowers
6 th	Lorraine	Clare	Sian	Janet P.
13 th	Jill	Anthea	am: Janet J. pm: Annmarie	Ena
20 th	Barbara	Ena	Clare	Barbara
27 th	Anthea	Jill	Jill	Pam
Communion: 6 th : Lorraine 20 th : Clare				

Don't Panic!

(But do start thinking about the Christmas Shoeboxes)

From Sunday 20th August, the Christmas Shoebox table will be available in the Hall. There will be information about the Shoeboxes and how to pack one, in the September Newsletter. But if you are eager to start filling yours up, please check what's is on the table needing to be used, before you go to the shops. And if you have any spare items that are suitable, please do bring them in and put them on the table for somebody else to use.

**HELLO
AUGUST**



**You are
invited to**

**UPPER TROSNANT
BAPTIST CHURCH**

Teatime@Trosnant

**Saturday
12th of August
at 3pm**



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

Upper Trosnant Baptist Church
Lower Bridge Street
Pontypool
Torfaen
NP4 6JU

Contact Pastor Richard Miles
e. uppertrosnantbc@gmail.com
t. 01495 751020

www.trosnant.org