

**UPPER TROSNANT** **1776-2026**  
**BAPTIST CHURCH**

# **JANUARY 2026** **NEWSLETTER**



**Services on Sundays at 11.00am in the church  
and informal fellowship at 4.00pm in the hall**

**Recorded services on YouTube  
Just search for "Upper Trosnant"**

**[www.trosnant.org](http://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 February 2026  
edition to **uppertrosnantbc@gmail.com** by  
**Sunday 11<sup>th</sup> January.**

## **A Letter from our Moderator...**

**Hebrews 13:8 – “Jesus Christ is the same yesterday and today and for ever.”**

2026 marks a significant anniversary for the fellowship at Trosnant, for 250 years ago a group of Baptist Christians formed a worshipping community here in Pontypool, the Christian community pre-dating the building in which we now worship. A people of God covenanting together to worship and serve their Saviour, the Lord Jesus Christ. Although life back then was very different, the transformation that belief in Jesus makes to each one of us remains the same.

Hebrews 13 verse 8, which is quoted above, stresses this enduring principle of the unchanging nature of Jesus Christ. The truth is that God loves us and has shown His love in the person and work of the Lord Jesus Christ, and Jesus’ living Spirit is available to prompt us to come to Him and to empower us in our daily living.

Jesus has been present with the congregation as it met in 1776; He is with us in 2026; and will be with us until God calls us to glory or Jesus comes again in all of His glory. In the meantime, we must worship and witness for Jesus in every way possible.

It is suggested that the celebration of this important milestone in the life of Trosnant will take place throughout the year. Each activity organised by the fellowship will participate in recognising, not only God’s goodness through the years, but also the importance of the Gospel message for today’s attenders. There are many activities which take place in the life of the fellowship at Trosnant, as well as our Sunday opportunities to fellowship with others. Each month, we will take time in one or other of the activities to give thanks for the past, and trust ourselves to all that God has for us in the present and the future.

This important verse from Hebrews 13 about the nature of Jesus Christ comes in a chapter that has much practical advice for us as followers of Jesus. There must be love among believers as we welcome “strangers” into the Christian community, where we show “hospitality” to those who come. We must learn contentment over covetousness, and remember what God says, “Never will I leave you; never will I forsake you, ” for “The

Lord is my helper; I will not be afraid." We must "be strengthened by grace" as we follow Jesus, and in that way we will be able to "continually offer a sacrifice of praise." Prayer must be at the heart of our worship and witness. By being obedient in these ways, we will know God's blessing: "Now may the God of peace, who through the blood of the eternal covenant brought back from the dead our Lord Jesus, that great Shepherd of the sheep, equip you with everything good for doing His will, and may He work in us what is pleasing to Him, through Jesus Christ, to whom be glory for ever and ever. Amen." (Hebrews 13:20-21)

**With love, Huw**

### **Celebrating Trosnant@250: JANUARY**

*What did Spurgeon describe as the engine house of the church? What did Paul urge Christians to do constantly? What has kept the doors of Upper Trosnant open for the past 250 years? The answer is: PRAYER. Even in Covid, the prayer meeting barely missed a week as the fellowship met together on zoom or phone.*

*Therefore there is no better way to begin our special anniversary year than with two special Anniversary Prayer Meetings. We will be thanking God for all he has done in the past and for all he is doing for us now; and we will bring before him all our hopes for what he will do in the future.*

**Wednesday 7 January at 6.50 pm**

**Wednesday 28 January at 1.50 am**

*Maybe you have never been to a prayer meeting before, or perhaps it is your New Year Resolution to spend more time with the Lord. Please speak to any of the Bible Study leaders (Phil, Lorraine, Priscilla and Jill) to know more. Rest assured, there is no pressure to pray out loud unless you want to; and you will be amazed by how good you feel afterwards!*

## **Mind of Jesus Wordsearch**

In his letter to the Philippians, Paul encourages us to have 'the same mindset as Jesus'. Find the words marked in bold in the passage below, and the letters you have left, read from top to bottom and left to right, will tell you what Jesus promised to all who follow him.

E	N	A	T	U	R	E	R	E	H	T	A	R	S
G	T	E	O	G	H	E	Q	S	U	S	E	J	E
A	H	U	M	B	L	E	D	U	E	L	M	X	R
T	L	G	S	G	E	O	I	I	A	N	A	M	V
N	E	N	H	E	N	D	R	T	S	L	N	G	A
A	C	O	T	H	D	I	I	Y	T	N	I	B	N
V	N	T	A	T	G	O	H	E	O	K	O	T	T
D	A	W	E	O	N	E	D	T	N	V	N	C	Y
A	R	O	D	S	A	A	H	D	E	T	N	E	R
C	A	B	H	V	D	I	M	O	N	M	W	F	E
R	E	I	E	R	N	N	L	U	I	U	O	F	H
O	P	N	O	G	T	S	I	R	H	C	O	S	T
S	P	L	A	C	E	H	I	M	S	E	L	F	A
S	A	C	K	N	O	W	L	E	D	G	E	E	F

In your **relationships** with one another, have the same **mindset** as **Christ Jesus**: Who, being in very **nature God**, did not **consider equality** with God **something** to be **used** to his **own advantage**; **rather**, he made **himself nothing** by taking the very nature of a **servant**, being made in **human** likeness. And being **found** in **appearance** as a **man**, he **humbled** himself by becoming **obedient** to death — even **death** on a **cross**! Therefore God **exalted** him to the highest **place** and gave him the **name** that is **above** every name, that at the name of Jesus every **knee** should **bow**, in **heaven** and on earth and under the earth, and every **tongue acknowledge** that Jesus Christ is **Lord**, to the **glory** of God the **Father**. (Philippians 2: 5-11)

## **Upper Trosnant: Why and When?**

It's no mean task condensing 250 years of history into two pages! History isn't everyone's cup of tea, but it matters. For history is a set of stepping stones taking us back into the past, connecting us with people, places and events. That connection gives us meaning. Being connected is good for our wellbeing. And history is all around us: 'The past clings to us' as someone once said. In Deuteronomy the Israelites were urged to 'Remember the days of old; consider the generations long past'. The Israelites were encouraged to learn from their history; their past was part of their identity, and it strengthened their faith in God.

Here at Trosnant then, there is every good reason for knowing our own history. It is part of our identity. So here are the bare bones...

In June 1894, Jane Powell died aged 76. She was described in the *Free Press* as one of the oldest and most respected inhabitants of Pontypool. More than this, she was the oldest member of Upper Trosnant Baptist Church, having been received into fellowship 60 years earlier. This takes us back to 1834, to almost within touching distance of the first generation of members of this church that was established in 1776. Jane's husband Henry, who survived her, was for many years senior deacon of the church and its secretary. The Powells lived at 50 Albion Road. The 1891 Census records Henry as aged 77 and an unemployed collier. These days he would be entitled to declare that he was deservedly 'retired'! Jane Powell was buried in Upper Trosnant's churchyard. The Census records many industrial workers living in Albion Road in 1891. Albion Road itself was established in 1820. It was part of the improvements to the road network that were needed by the industrial and urban developments that were well underway by this date. The road linked Old Furnace to Trosnant. In other words – Upper Trosnant church was in the midst of an industrial community.

This takes us back to my title: why is Upper Trosnant church here? In short, the answer is industry. The area was rich in natural resources needed for iron production. Charcoal, coal and iron ore were available in abundance, and the Afon Lwyd river and its tributaries provided waterpower. It was the exploitation of these natural resources by enterprising individuals that triggered the industrial boom in the area.



Pontypool can thus claim to be the earliest industrial town in Wales. In fact, industry in the area can be traced back centuries before the town came into being.

The early members of Trosnant Church were predominantly workers seeking to make a living in this growing industrial district. The siting of a church here may also have been a deliberate attempt to bring the word of God to an industrial settlement. It was during the early 1770s that a group broke away from the Baptist chapel at Penygarn. They were led by Miles Edwards, and met at his house at the Wern. The separatists enjoyed rapid success and in 1776 were constituted into a self-supporting church. Miles Edwards became its first minister. By now Miles Edward's house was too small and a house at Upper Trosnant was purchased and opened as a church in May 1779. Upper Trosnant had begun.

The church continued to flourish in the time of William Edmunds who succeeded Edwards in 1808. In 1814 a Sunday School was established – possibly the first in the area. Then in 1820 a new meeting house was built on the site of the present building. It was opened in the time of Trosnant's third minister David Roberts. After eight stormy years in which he stirred up the town with his fiery preaching, Roberts made way for the much quieter John Williams.



The earliest known image of Upper Trosnant

It was during John Williams' flourishing ministry that the 16-year-old Jane Powell had become a member. Jane Powell died of a painful illness aged 76. By this time Henry her husband was 81. One of the remarkable things about the couple is that they were still living together at home – how did they avoid having to enter the dreaded workhouse where they faced being separated? Presumably they were bolstered by their faith, and sustained by their family, their Christian friends and the Upper Trosnant church community.

Life was hard for the likes of the Powells as it can be at times for most of us but we can draw strength, as I'm sure the Powells did, from the words of Jesus recorded in John's gospel:

**Peace I leave with you; my peace I give you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid.** John 14:27.

The 20th century saw several short pastorates and periods of vacancy, an indication of decline that Trosnant shared with many churches. The closure of the Sunday School in 1991 was one of the saddest landmarks in the church's history.

But Trosnant has deep roots and there were signs of resilience and optimism. In 1995 the church supported the calling of an Eastern Valley Missioner to support smaller churches in the valley. The Missioner appointed was Richard Harrison, and he came with his wife Doreen. In 1997 the Eastern Valley Christian Men's Fellowship was formed while the Sisterhood, established just after the Second World War, continued to meet.

A sure sign of faith and vigour was the calling of Richard Miles to the pastorate in 2014. After a 25-year interregnum Upper Trosnant once more had a minister at the helm (and not forgetting Annmarie his wife). There was a mixture of sadness but also gratitude for their nine-years of service when the couple left for pastures new in 2024, but Trosnant's light remained undimmed. This the 'Church Profile', ready to be shown to potential new pastors, attests.

We are a church with a future as well as a past.

**Tony Hopkins**



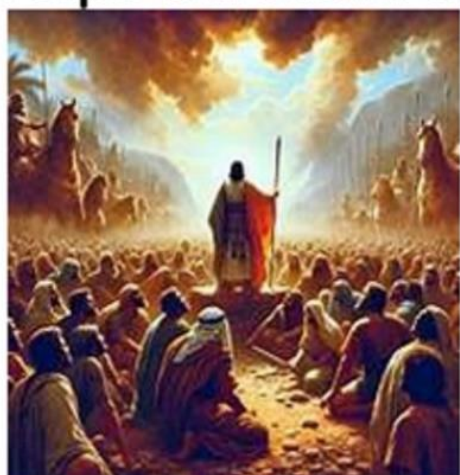
## **A Poem for the New Year**

### **A New Year! A New Day! A New Life!**

Not only at New Year  
But all the year through,  
God gives us a chance to begin life anew.  
For each day at dawning, we have but to pray  
That all the mistakes that we made yesterday  
Will be blotted out and forgiven by grace.  
For God in His love will completely efface  
All that is past, and He'll grant a new start  
To all who are truly repentant at heart.  
And well may man pause in awesome-like wonder  
That our Father in heaven,  
Who dwells far asunder,  
Could still remain willing to freely forgive  
The shabby, small lives we so selfishly live;  
And still would be mindful of sin-ridden man,  
Who constantly goes on defying God's plan –  
But this is the gift  
Of God's limitless love,  
A gift that we all are so unworthy of.  
But God gave it to us and all we need do  
Is to ask God's forgiveness and begin life anew.

**Chosen for the Newsletter by Rhoswyn**

# Bible Notes (57) A Rough Guide to the Time Line of People and Events of the Old Testament Part seven



**Joshua** gathered all the the tribes of Israel and the people said 'We will serve the Lord'.

Joshua 24:21

## Principal Judges after

Joshua:  
Othniel  
Ehud  
Shamgar  
Deborah  
Gideon  
Abimelek  
Tola  
Jair  
Jephthah  
Ibzan  
Elon  
Abdon  
Samson



**Ehud** was a left handed man. He concealed a double edged sword he had strapped to his right thigh. Judges 3:15

**Othniel** was a brave warrior and the spirit of God was on him, Calebs' younger brother, so that he became Israel's judge.

Gregorian  
Calendar 1384 BC

1360 BC

**Joshua** recounts what the Lord has done and given to Israel. After these things (Joshua 24:29-31) Joshua, son of Nun, died at the age of 110 and they buried him in the land of his inheritance, at Timnath Serah in the hill country of Ephraim. After Joshua Israel was lead by a series of Judges who acted as temporary leaders. When a Judge died the people returned to their old ways. Judges 2:19

**Ehud** drew his sword and assassinated King Eglon and released the Israelites from the oppression of the Moabites. There was then a period of peace



under the rule of Ehud for 80 years and he relied on God's guidance. Judges 3:30





**Deborah** a prophet and a judge (Judges 4:4) sent for Barak and said "The Lord, the God of Israel commands you: 'Go, take with you 10,000 men of Naphtali and Zebulun

1240 BC

and lead them up to mount Tabor. I will lead Sisera, army commander of Israel's oppressor King Jabin, and give him into your hands.' Barak said, 'I will go if you go with me.' Then **Deborah** said, 'Go! This is the day Lord has given Sisera into your hands.' So Barak and his men met Sisera with his 900 chariots and was routed by Barak.

The defeated Sisera fled on foot to the tent of Jael, wife of Heber. Jael said, 'Come, my lord, come right in. Don't be afraid'. So he entered her tent. 'I'm thirsty,' he said. Jael went to him while he lay asleep and drove tent peg through his head!

To be continued

1200 BC



**Gideon**, a farmer and the youngest in his family is called by the Lord to deliver Israel out of Midian's hand.

**Gideon** asks for a sign (Judges 6:36) and spreads a wool fleece on the threshing-floor.

**Gideon** gets his army of 32,000 men ready to attack the Midianites. But the Lord said, 'You have too many men', and the number was reduced in 3 stages, so that only 300 remained, with the 300 divided into three companies. They attacked at night with their 300 trumpets blowing and the Midianites turned on each other and fled. Two of the Midianite leaders, Oreb and Zeeb were captured.

## **Mission Focus: The Marvellous Works of God!**

***This is the latest news from Cambodia, where, through BMS World Mission, we partner with Pastor J in Phnom Penh.***

Warm greetings in the name of Jesus. The past two months have been overflowing with the marvellous works of God. We have witnessed God's kindness and power, with prayers answered in ways that brought us deep joy. Each moment has reminded us of God's faithfulness and the strength of His people working together. Your prayers have truly accomplished great things. The months of October and November 2025 have truly been a season of extraordinary blessing. We have seen the Gospel take root in villages, families, and hearts – each testimony reminding us of the Lord's faithfulness.

**7 October – Evangelists' Monthly Gathering at Horaio Baptist Church.** Despite logistical challenges, over twenty evangelists came together for fellowship, encouragement, and training. During this gathering, Bunthoen from Svaysor was baptized, reminding us that even one soul is precious in God's sight.

**8 November – Baptisms in Khnaik Kontut & Tropeang Pek.** After a week of faithful prayer and bold witness, twelve new believers publicly declared their faith in Christ. Three from Khnaik Kontut and nine from Tropeang Pek entered the waters of baptism. This day was filled with joy.

**15-16 November – Outreach in Angkrolanh Village.** Partnering with Pastor Phen, missionaries and local evangelists gathered more than twenty-three people for sharing the gospel, counselling, and prayer. The outreach extended beyond the church walls, with home visits to six households. The very next day, 16<sup>th</sup> November, ten new believers were baptized – a powerful testimony of how the Spirit moves when God's Word is proclaimed.

**Fruit of the Season.** In total, 23 new believers were baptized during these two months. Each baptism is not just a number, but a life transformed, a family touched, and a community impacted. Your prayers strengthen our faith and remind us that the Gospel continues to advance, one heart at a time.

**Horaio Baptist Church Thanksgiving Sunday.** On October 26, we rejoiced together in marking the tenth Anniversary of Horaio Baptist Church. Members brought fruits and home-cooked dishes, and after worship we enjoyed a warm fellowship meal. With grateful hearts, we gave thanks for God's faithfulness, His unfailing love, and His gracious presence throughout this journey. Truly, all glory and praise belong to Him for these ten blessed years.

**Certificate Dedication Ceremony.** On 14<sup>th</sup> October at Svaysor Baptist Church, Svaysor Village, Battambang, a Certificate Dedication Ceremony was held for 54 participants who completed the course 'A Must-Know for Christian Leaders.' This programme comprises eleven foundational lessons covering key doctrinal themes and reflections on the biblical concept of Christian church leadership.

**Children Meet 2025.** On October 12, nearly 100 children gathered at Horaio Baptist Church for the third Children's Meet. With the theme 'Army of Jesus Christ' (2 Timothy 2:3), the day was filled with joyful presentations, games, food, gifts, and fellowship. We praise God for the teachers who faithfully nurture these young ones. Indeed, they are being raised as soldiers of Christ, equipped to stand firm in faith.

**Contextual Church Planting Discussion & Baptism Testimony.** On October 7<sup>th</sup>, more than 20 people attended the monthly meeting and training. We engaged in a lively and meaningful discussion on a key contextual issue in church planting: how to approach funeral traditions within the Cambodian cultural framework, exploring how Christians might respond to the tenth-day death anniversary observance and honour traditional practices in a biblically faithful way. The conversation was both intense and thought-provoking.

Thank you for standing with us in faith and prayer. Your love and support strengthen us daily as we share Christ's light in Cambodia. We give thanks to God for His faithfulness, and to you for your prayers and support in this mission. **Psalm 126:3 – "The Lord has done great things for us, and we are filled with joy."**

**With blessings, Pastor J. Lalduhawma and family**

## Upper Trosnant Update

- **'Messy Christmas'** was a fun start to our Christmas activities, held on the last Saturday in November – which was also the day that the decorations went up in the church and hall. Sian had some fantastic craft activities ready for the children, including a table where they could assemble their own 'snowman biscuits.' This picture had to be taken very quickly before the snowman disappeared!



- The newsletter was printed before any other **Christmas events** had taken place; so watch out for news and pictures of the Christmas lunch, the Sisterhood celebration, and the Carols by Candlelight in the next edition.

**UPPER TROSNANT  
BAPTIST CHURCH  
1776 - 2026**



**Our verse for 2026**  
  
**Jesus Christ  
is the same  
yesterday,  
and today  
and  
forever.**  
  
Hebrews 13: 8  
  
[www.trosnant.org](http://www.trosnant.org)

- During January we will be giving out bookmarks with our **'Verse for 2026'**. Hebrews 13:8 says, 'Jesus Christ is the same yesterday, and today and forever'. Let us encourage one another to use the bookmarks in our Bibles, and to remind ourselves of 'our' verse daily as we turn to God's word in our homes.

- A big thank you to everyone who has signed up on the **Rotas** to help on the door or making refreshments at fellowship times. More volunteers would be a great help to the leadership team. If the Lord is calling, or whispering to you, to help out in church, please don't be shy. Why not ask someone on the door or in the kitchen this month if you can simply give them a hand and find out what the role entails?

- The **Sisterhood** were disappointed when their second meeting in December was cancelled owing to Storm Bram. Please pray that no bad weather will affect any of our services or meetings for the whole of this year.

- **Holocaust Memorial Day** falls on Tuesday 27<sup>th</sup> January, when the Sisterhood will be holding a special meeting to remember the victims of the Holocaust. All ladies are invited to attend.
- **The Duty Deacon for January is Lorraine Breese.**



## **Life is coming again to our Valley!**

This year is the 20<sup>th</sup> anniversary of the Life Exhibition, and I am delighted to share the good news that, for two weeks, **Monday 9<sup>th</sup> to Friday 20<sup>th</sup> March**, it is coming once again to Pontypool. Life is a multi-media experience that is produced by Counties Evangelism. It is especially designed to introduce primary school children to the life of Jesus, and it works alongside the existing RE syllabus in Years 5 and 6 – that is, children aged 10 and 11.

**What happens at Life?** The children and their teachers come by bus to Pontymoile Mission, where the exhibition is held. Each class is divided into three groups who visit three zones or “pods” in turn. Each pod concentrates on one aspect of Jesus’s life: the Timeline of prophecies and their fulfillment; his ‘works’, that is, his miracles; and his ‘words’, ie what he taught in the parables. In the pods, each child has a tablet device which shows them questions, videos and music. Next the children see a short film about Jesus’s death and resurrection. Here the children are encouraged to think carefully about what happened. The exhibition ends in the ‘café’, where the children have refreshments while taking part in an interactive quiz to see how much they have learned.

**Can I see the exhibition too?** Yes! There is a special opening for churches on the evening of **Friday 19<sup>th</sup> March**.

**What can I do to help?** Please pray for the preparations now being made by our team of volunteers. Thank the Lord that many local schools have already booked their slots to visit, and pray that the few remaining sessions will be taken by additional schools from the North of Torfaen. Many hundreds of children and their teachers will hear the Gospel during Life. Ask the Lord that every single seed sown will bear fruit.

Help is needed in practical ways too. Could you help run the café, preparing and serving refreshments to the children, and cleaning up after each group? Volunteers also introduce the topics in the pods. If you would like to know more about this role – training is given – please do speak to me. And finally, Life costs £5,500 to run, including free transport for all the schools, and about one third of this sum remains to be raised. Any gifts, however small, will be gratefully received.

**Priscilla Pearson**

## **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.

<b>4<sup>th</sup></b>	Mr John Mann (Communion)
<b>11<sup>th</sup></b>	Rev Suzanne Roberts
<b>18<sup>th</sup></b>	Mr Simon Matheson
<b>25<sup>th</sup></b>	Rev David Bird

### **SUNDAY AFTERNOONS @ 4 O'CLOCK**

Meeting together in the Hall, with tea and coffee.

<b>4<sup>th</sup></b>	A Bible Story Retold, with Tony Hopkins
<b>11<sup>th</sup></b>	'Come and Share'
<b>8<sup>th</sup></b>	Informal Communion
<b>5<sup>th</sup></b>	Praying Together

## **MONDAY**

### **WARM SPACE 2.00–4.00 pm in the Hall**

Everyone is warmly invited to drop in for tea or coffee and biscuits, and to enjoy a friendly chat. Also why not play one of our selection of board games, bring along your knitting or crochet, or have a go at a craft activity?

### **SERVICES IN RESIDENTIAL HOMES:**

Monday 5<sup>th</sup>: 11.00 am in the Regency Home

Monday 19<sup>th</sup>: 2.00 pm in Ty Ceirios

## TUESDAY – 2-3.30 pm SISTERHOOD

All ladies are welcome to join us every week for fellowship over tea, coffee and biscuits, to hear God's words and sing and pray together.

<b>6<sup>th</sup></b>	Sharing Together
<b>13<sup>th</sup></b>	Jill
<b>20<sup>th</sup></b>	Sandra Morgan
<b>27<sup>th</sup></b>	Holocaust Memorial Day, led by Clare and Julie

## WEDNESDAY – PRAYER AND BIBLE STUDY

<b>7<sup>th</sup></b>	6.50 for 7.00 pm	250 <sup>th</sup> Anniversary Prayer Time
<b>14<sup>th</sup></b>	1.50 for 2.00 pm	Lorraine
<b>21<sup>st</sup></b>	6.50 for 7.00 pm	<b>CHURCH BUSINESS MEETING</b>
<b>28<sup>th</sup></b>	1.50 for 2.00 pm	250 <sup>th</sup> Anniversary Prayer Time

## FRIDAY – 30<sup>th</sup>, 2.00 PM

**MEN'S CHRISTIAN FELLOWSHIP** in the Hall.

## SATURDAY – 17<sup>th</sup> – 1 pm WINTER WARMER LUNCH

Please join us for soup and bread, tea and cakes –

Don't forget to sign up!

## MESSY CHURCH-Saturday 31<sup>st</sup> January – 10 to 11 am

### HELPING IN CHURCH – ROTA for January

	<b>Door</b>	<b>Teas AM</b>	<b>Flowers</b>	<b>Teas PM</b>
<b>4<sup>th</sup></b>	Julie	Jill	Priscilla	Clare
<b>11<sup>th</sup></b>	Barbara	Julie	Barbara	Anthea
<b>18<sup>th</sup></b>	Anthea	Janet J	Jane	
<b>25<sup>th</sup></b>	Jill		Sandra	
Communion 4 <sup>th</sup> , am: Barbara 18 <sup>th</sup> , pm: Lorraine				

## **PRAYER PAGE: The Battle belongs to the Lord!**

What can we expect from Upper Trosnant's 250<sup>th</sup> anniversary year? Some wonderful times of celebration and fellowship, surely. Some great answers to prayer, certainly. But also, there will be times of struggle, difficulty, and trouble. The Bible tells us that 'Your enemy the devil prowls around like a roaring lion looking for someone to devour.' (1 Peter 5:8). Paul's life was one of 'fighting the good fight' against persecution, hardship, misunderstandings, and all the evils of the world –

– which was exactly why he preached what he practised! Paul wrote from prison to the church at Ephesus, 'Therefore put on the full armour of God... Stand firm with the belt of truth buckled around your waist, with the breastplate of righteousness in place, and with your feet fitted with the readiness that comes from the gospel of peace. In addition to all this, take up the shield of faith, with which you can extinguish all the flaming arrows of the evil one. Take the helmet of salvation and the sword of the Spirit, which is the word of God. And pray in the Spirit on all occasions with all kinds of prayers and requests.' (Ephesians 6:13-18)

We too can rely on the armour of God to help us in our own struggles. As we pray, let us equip ourselves with every piece:

- **The Belt of truth:** Pray for wisdom and discernment to see the world through the eyes of Christ, rather than through the distortions of the media.
- **The Breastplate of righteousness:** Ask the Lord to help you live a godly life, protecting yourself from harmful temptations.
- **The Readiness of the gospel of peace:** Pray that, with peace in your heart, you will be able to share the good news of Jesus.
- **The Shield of faith:** In times of doubt or fear, pray for your faith to be strengthened, and for courage to trust in God's protection.
- **The Helmet of salvation:** Ask God to help you overcome any discouragement through the knowledge that 'whoever calls on the name of the Lord will be saved.' (Romans 10:13).
- **The Sword of the Spirit** which is the word of God. Armed with all the promises of Jesus we can withstand all attacks. Why not write 'Thanks be to God, who gives us the victory through our Lord Jesus Christ,' (1 Corinthians 15:57) on a note, and stick it on your fridge?!

## **Please Pray For...**

- As we enter into 2026, pray for everything that will be happening at Upper Trosnant in the year ahead. May the celebrations of the 250<sup>th</sup> anniversary bring glory to God's name, and may they be a way of drawing others into his kingdom.
- Ask the Lord to bless the Anniversary Prayer Meetings on January 7<sup>th</sup> and 28<sup>th</sup>. May they be times of great power and encouragement to build up and encourage all who attend.
- Pray for our Soup on Saturday on 17<sup>th</sup> January, that many will accept the invitation to share food and fellowship with us.
- Lift up those who you know who once walked with the Lord but have fallen away. May we be ready to welcome any who have made a New Year Resolution to come back to God, or to seek him for the very first time.
- Continue to pray for a new Pastor for Upper Trosnant, trusting in God that he is preparing a new leader for our Church.
- Continue to pray for the leadership team, that God will guide them in all that they do in church and behind the scenes.
- Remember our missionary friends Margaret and Roy Collins-Reese in Toulouse; Sue and David Verwey at the Japan Mission; and 'our' BMS missionary Pastor J in Cambodia.
- Keep praying for Dale, Naomi and Felicity as Dale seek wisdom as to his future ministry.
- Thank the Lord for answered prayers. Please continue to 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, Julie's nephew Jacob, Julie's friend Jen, Dave Breese, Pam Charles, Doreen Dixon, Keith Fordham, Liz Harris, Liz's daughter Michelle, Richard Harrison, Richard's daughter Rachel, Ena Jeffs, Audrey and Eric Jones, Jean Miles, Helen Norman, Judith and Jeff Parry, Janet Pollard, Alwyn and Anne Stephens, Linda Swires-Hennessy, Greta Wagg.

# JANUARY

## Welcome to our **Winter Warmer!**

**Free Lunch - Everybody Welcome  
Saturday January 17<sup>th</sup> at 1.00 pm**

**Don't  
forget  
to sign  
up!**

**UPPER TROSNANT  
BAPTIST CHURCH**

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

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