

**UPPER TROSNANT
BAPTIST CHURCH**



FEBRUARY 2024 NEWSLETTER



**Do everything
in love.**

1 Corinthians 16 v 14

**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 @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 March 2024 edition to **uppertrosnantbc@gmail.com** by **Sunday 11th February.**

Letter from Pastor Richard

Hope for 2024 and Beyond!

As I write this, we are still in the New Year period – there is that anticipation as to what 2024 may bring. As I have said before, there is a lot of uncertainty – the situation internationally is serious in many places, not least the Middle East. What the repercussions are of all that is going on there, we don't yet know. Last month we introduced what is to be our verse of 2024; Deuteronomy 33 v 27:



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

HE can give us certainty in uncertain times. And that certainty continues beyond 2024, in fact beyond our lives here on earth. I was sharing with Sisterhood recently those wonderful verses from 1 Peter 1 v 3 – 9:

Praise be to the God and Father of our Lord Jesus Christ! In his great mercy he has given us new birth into a living hope through the resurrection of Jesus Christ from the dead, and into an inheritance that can never perish, spoil or fade. This inheritance is kept in heaven for you, who through faith are shielded by God's power until the coming of the salvation that is ready to be revealed in the last time. In all this you greatly rejoice, though now for a little while you may have had to suffer grief in all kinds of trials. These have come so that the proven genuineness of your faith—of greater worth than gold, which perishes even though refined by fire—may result in praise, glory and honour when Jesus Christ is revealed. Though you have not seen him, you love him; and even though you do not see him now, you believe in him and are filled with an inexpressible and glorious joy, for you are receiving the end result of your faith, the salvation of your souls.

Read that again slowly; take in every phrase and sentence. That hope is for all of us when we put our trust in all that Jesus has done in his life

death and resurrection. We have a hope that we will be with the Lord for ever, which will happen one day when we leave this earth. That is an absolute certainty. However, as long as we remain on this earth, there will be difficulties and tough times for us. And during those tough times we look to that certain hope for the future. That will be true for many of us now, or in the months to come. I don't want to sound trite, but that hope keeps us going. It is all because of the One who gives us the hope, the Eternal God whose everlasting arms are underneath us.

In the words of Stuart Townend and Mark Edwards:

*There is a hope that burns within my heart,
That gives me strength for every passing day;
A glimpse of glory now revealed in meagre part,
Yet drives all doubt away:
I stand in Christ, with sins forgiven;
And Christ in me, the hope of heaven!
My highest calling and my deepest joy,
To make His will my home.*

(Stuart Townend & Mark Edwards Copyright © 2007 Thankyou Music)

May we all be strengthened by that hope.

Love in Jesus,

Pastor Richard

Churches United in Pontypool
Songs of Praise for St David's Day

Sunday February 24th at 4.00 pm

Please join us for a joyful afternoon of music and song as the Churches United in Pontypool (CUP) come together for this special service. It will be followed by another CUP (!) of tea or coffee and refreshments in the Hall. Everyone is welcome; please invite your family and friends to come along and help raise the roof!

Doreen's Page: The Month of February

Some wise words from Doreen's book, A Benediction of Bluebells:

In view of the uncertainties of the future, I find it reassuring to consider the month of February and identify some positive facts. It's a short month with '28 days clear, and 29 in each leap year.' It is cold, dark, wintery month, yes – but you can always depend on its shortness! Thus, it presents a worthy lesson for living.

Dark, dismal days do not last forever. We celebrate in verse: "February brings the rain – thaws the frozen lakes again." February is something temporary!

At the bottom of the steps to our house, where we keep the dustbins, there are snowdrops. We did not plant them, they just appeared one spring, and every year they survive and blossom, as if to reassure us that when winter comes, spring will always follow. February is a reassuring month. Miserable, maybe, but in buds, shoots, early flowers, catkins, flirting birds, and longer days it is mightily eloquent. It reminds that, "*As long as the earth endures, seedtime and harvest, cold and heat, summer and winter, day and night will never cease.*" (Genesis 8:22) In other words, we can expect things to improve. A wintertime of dustbins has not diminished our doughty patch of snowdrops!

There is wise advice in the Bible. Consider these words, "*I urge then, first of all, that petitions, prayers, intercessions and thanksgiving be made for all people, for kings and those in authority, that we may live peaceful and quiet lives in all godliness and holiness.*" (I Timothy 1: 1-2)

I appreciate these words by John Updike. "The days are dark – the sun's a spark – hung thin between the dark and dark. The sky is low – the wind is grey. The radiator purrs all day." Now that is optimism. The radiator continues to purr. No power cut! Look for what IS happening, not for what might happen. Not disaster, not defeat. This is the day that God has given you – make it a perfect day, by trusting him to bless you, guide you and guard you. And he will.

Remembering our Brother Tony Lewis

On Wednesday 3rd January, a large congregation gathered at Upper Trosnant to remember and give thanks for the life of a devoted family man, a beloved member of the church and a good friend to many, Tony Lewis. After a very wet Christmas and New Year, the sun broke through the clouds just before the service began, lifting peoples' spirits, and reminding everyone that God is good. Inside, there was a beautiful atmosphere as Annmarie sang some of Tony's and his dear wife's Dorothy's favourite hymns and songs, accompanied by Phil on the piano.



Many members of the family took part in the service, including a eulogy shared by Tony's son John and 'family thoughts' from two of his grandchildren, James and Cerys. Tony's daughter Joanne read a moving poem at the Crematorium.

Tony – James Anthony – was a Pontypool man through and through. Born at home on Wainfelin Avenue on 6 March 1935, he was by all accounts 'a bit of a rascal' as a boy. The Boy's Brigade was a strong influence on his life, however, and Tony went through the ranks to become the company leader. It was he who first introduced the Duke of Edinburgh's Award to Pontypool, on one famous occasion taking a party of Gold Award winners to Buckingham Palace – only to realise that one boy had not brought his entry ticket. Undeterred, Tony put his 'street smart' skills to use, went in with his own ticket which he then managed to pass over the high palace walls to the boy waiting outside...

Tony and Dorothy were childhood sweethearts. They met when he was 15 and their relationship blossomed at Nicholas Street Methodist Church. In 1953 they attended a Billy Graham Rally, and both gave their hearts to the Lord, the beginning of a blessed and happy life serving the Lord together. They were married in February 1956, aged 20 and 21, and set up home in a tiny cottage on Moreton Street, since demolished. Tony was called up for National Service, but fortunately was able to come home most weekends from his post as a radar fitter in the RAF. In 1959

the young couple moved to Croesyceiliog, where their children John and Joanne were born, although they continued faithfully in membership and ministry at Nicholas Street.

Tony had many different roles in his life. From humble beginnings with no formal qualifications, he first took an apprenticeship at the Thomas and Baldwin Steelworks, and later became a plant engineer at Llanwern rolling mill. Working and studying hard, by the time of his retirement, he was a chartered engineer and a member of the Institute of Mechanical Engineers. Tony was also a great sportsman, especially passionate about golf, which he played with family friends at Llangattock, and sailing. He was naturally competitive and won numerous regattas, his Sunday afternoons at Landegfedd reservoir being permitted by Dorothy – so long as he was home in time for the evening service. Even if on one occasion he very nearly went to Church in his wet suit!

Following Dorothy's devastating diagnosis with dementia in 2013, there were some dark days. Tony resolved to care for her, which he did with unwavering devotion until her death in March 2023; many new friends were made on their daily walks in Pontypool Park and visits to the café. When Dorothy was in hospital for 8 weeks with covid in the winter of 2020, the rules were very strict, and despite his pleading, Tony was not allowed to visit. Characteristically, he found a solution, and every afternoon he drove to Ebbw Vale Hospital, and sat in the carpark, talking to and praying for her. True love indeed, after 70 years.

Tony was a man of great principle and integrity, and it was a privilege to have known him. He regularly brought Dorothy to the Sunday afternoon service at Upper Trosnant in her later years, and joined in the zoom fellowship during lockdown, becoming a member of the church when Nicholas Street closed. In his message, the Pastor shared how much he had always appreciated Tony's support, and that a recent sermon series on the Holy Spirit was in response to a particular request from Tony. Tony knew he was ill, but death held no fear for him, and he went to glory early on the morning of Sunday 26th November. The sympathy of the church goes out to John and Sian, Joanne and Richard and all the family. But praise God for the assurance that Tony and Dorothy are now together forever, rejoicing in Heaven.

Happy Birthday, Isaac Watts!

This year marks the 350th anniversary of the birth of one of the greatest hymn-writers of all time, Isaac Watts. The author of more than 750 hymns, he wrote many that remain popular favourites today, including for example, 'When I survey the Wondrous Cross', 'O God our help in Ages Past', and 'Joy to the World'. You might be surprised then to know that in his lifetime, Isaac was even better known as a congregational minister, writer and theologian.

Isaac Watts was born in Southampton on 17 July 1674, the eldest of eight children. His father was a schoolmaster, who on three occasions in Isaac's childhood was imprisoned for his nonconformist beliefs. Isaac was a very clever child, learning Latin from the age of four and writing poetry by the time he was seven. When he was 16 his father arranged for him to move to London to join the Academy of an Independent minister, the Rev. Thomas Rowe, with whom he studied classical and modern philosophy, divinity, mathematics and logic, and improved his English writing style. Isaac could have won a place at Oxford or Cambridge University, but that would have required him to subscribe to the tenets of the Church of England, which he refused to do, choosing instead to live at home for a further two years, reading widely and writing both verse and prose. At the age of 24, he was appointed assistant minister of a congregational Church in Berry Street in London, and in 1702, he became pastor of the Mark Lane Independent Chapel.

Throughout his life, Isaac was a talented poet, which he saw as a gift from God. As a child he was once scolded for having his eyes open during family prayers, and then punished for answering his father in rhyme, after which he is said to have cried out, 'O father, father, pity take, and I will no more verses make!' He wrote his first hymn, 'Behold the Glories of the Lamb' in 1700, when challenged by his brother Enoch to produce something better than what was being sung in the church at Southampton.

Church historians credit Isaac Watts with bringing about a lasting change in worship practices in Britain through his prolific hymn-writing. In 1707 he published his first book of *Hymns and Spiritual Songs*. Traditionally Psalms were the songs most used in worship; singing the

Psalms of David had been the custom of the early church, and this practice had continued through the Middle Ages, with monks and priests chanting in Latin; and after the Reformation when throughout Europe Protestant assemblies sang Psalms translated into their own languages. Isaac Watts however was inspired to write 'original songs of Christian experience' to be used in worship; his example led the way into a new era of church music.

Besides his own hymns, which were intended to teach spiritual and biblical truths, Isaac wanted to change how the Psalms were used, and he set about reworking them to become new hymns with a Christian perspective. In 1719 he published his 'metrical Psalter', explaining in the introduction that the Psalms should be 'imitated in the language of the New Testament.' As he said, 'Where the Psalmist describes religion by the fear of God, I have often joined faith and love to it. Where he speaks of pardon of sin through the mercies of God, I have added the merits of a Saviour. Where he talks of sacrificing goats and bullocks, I rather mention the sacrifice of Christ, the Lamb of God. When he attends the ark with shouting into Zion, I sing of the ascension of my Saviour into heaven, or His presence in His church on earth. Where he promises abundance of wealth, honour, and long life, I have changed some of these typical blessings for grace, glory, and life eternal, which are brought to light in the Gospel, and promised in the New Testament.'

One example of a Psalm given the Isaac Watts treatment is the well-known hymn, 'Jesus shall reign where'er the sun', which was based on Psalm 72. The hymn begins,

Jesus shall reign where'er the sun
does its successive journeys run,
his kingdom stretch from shore to shore,
till moons shall wax and wane no more.

Psalm 72 verse 5 says, 'May he endure as long as the sun, as long as the moon, through all generations', and verse 8, 'May he rule from sea to sea and from the River to the ends of the earth.'

There will be more about the life and work of Isaac Watts in future editions of the Newsletter.

Clare Hopkins

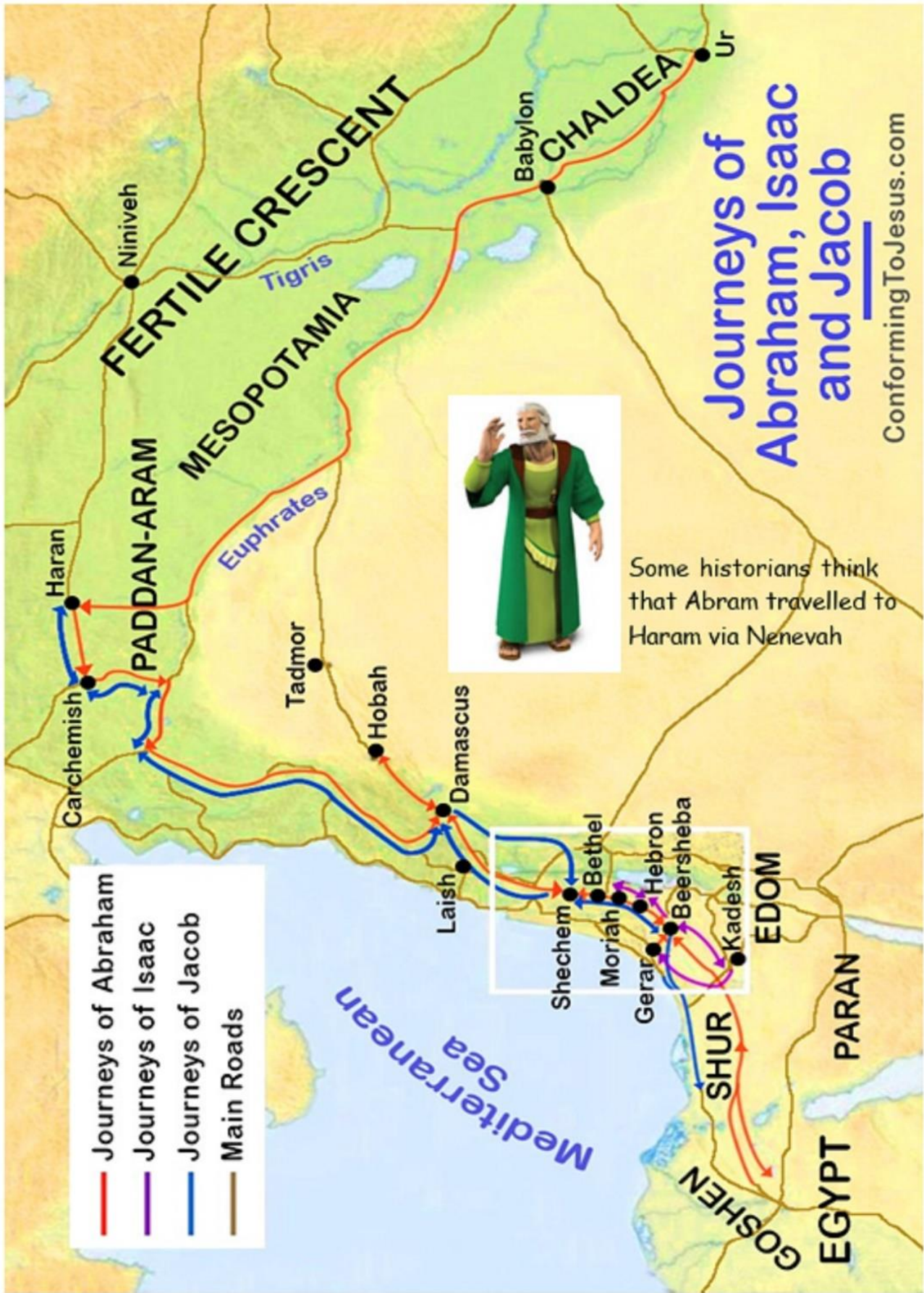
Bible Notes (36) Fertile Crescent part 2 Daniel Pearson

From Bible Notes 35 we note that Abram set off, with his wife Sarai, from Ur, a capital city of more than 100,000 inhabitants. It was a prosperous city, with its own seaport and a man-made canal giving access to the Persian Gulf. The city was developed with laws dictated by King Hammurabi of Babylonia and the people enjoyed a high standard of living with paved streets, courtyards and two story houses.

Abram, 75, was a Semite from a race the locals called Chaldeans. His father, Terah was over 200 years old and yet it was this old man that inspired the whole family to sell-up and move, travelling from one corner of the Fertile Crescent to the other, in the west. With carts drawn by oxen and loaded with their goods and chattels they set-out for Haran, about 640 miles - please see map. They would use chits, made of baked clay and being a form of currency, to finance their journey.

The first part of their travel was through Mesopotamia, or as we would know it today as Iraq. A cultured civilization with many ziggurates (a mini pyramid structure with stepped sides), temples and the high quality Babylonian architecture. Here they would see Eleme-an-ki, a ziggurate, known as the Tower of Babel. From Babylon to Haran, over 500 miles and it was here that Terah died at the age of 205. The family mourned him and they buried him there.

The way was still westward with God directing Abram. The next stop was Carchemish about another 50 miles to this high-walled 250 acre city near a place in modern Syria called Jerablus. The remains of the ancient city of Carchemish can still be seen today with many outlines of sawmills, warehouses, palaces, temple and the surrounding moat, fosse and towers.



Mission Focus: Updates from the Japan Mission

For many years Upper Trosnant has supported the work of the Japan Mission, a ministry which was started by Neil and Peggy Verwey in 1957. Today the Japan Mission is led by their son David and his wife Sue, who before Christmas shared this update written on the tenth anniversary of Neil's death. What an encouragement to see how seeds that are sown can bear fruit, sometimes many years later.

Dear praying friends,

Thank you for your faithful prayers and support for the mission work in Japan. Japan Mission continues to provide personnel to Kyoto International University Academy (KIUA). This school is dedicated to hiring only Christian teachers and has about 250 students, over 80% of which come from non-Christian families. This school facilitates countless opportunities to reach out to the unsaved community.

One teacher recently shared, "Almost 20 years ago, there was a girl in my class whose father died. They were having a Buddhist funeral and I did not want to attend, but I wanted to show my love and concern for the family. So, although I was very nervous, I went to visit the family. I really didn't know all the proper words to say in Japanese in that situation, but I gave them a Bible and told them how sorry I was.

"The girl in my class had an older sister who started to read this Bible, and she still has it today! This older sister later came to KIUA and became a Christian! She is now married to a pastor, and they are ministering together at a church in northern Japan. She recently contacted KIUA because she wanted to start a Christian school like ours in her city!

"The older sister then shared how the Bible I had given the family 20 years ago was instrumental in her salvation! 'I planted the seed, Apollos watered it, but God has been making it grow' (1 Corinthians 3:6). Praise the Lord!"

We recently took delivery of another 1,000 copies of the Bible. Please pray that the Holy Spirit would continue to work in the hearts of the unsaved, as our workers regularly distribute the Scriptures throughout Japan.

Warmly in Him,

David Verwey

A Shocking Start

On 1 January 2024 a powerful magnitude 7 earthquake struck the Noto peninsula in north-west Japan, followed by aftershocks that were felt all over the country. Japan is accustomed to earthquakes, being situated above the edges of three plates in the earth's crust, but this was stronger and more destructive than many people had experienced before. David shared by email:

Dear praying friends,

Happy New Year! We trust that you were able to visit with friends and family and get some much-needed rest during the holiday season.

As we welcomed in the New Year, our buildings shook ever-so-slightly, reminding us that we live in an earthquake prone area. Almost immediately, news started to pour in about a magnitude 7.6 earthquake that hit the Noto peninsula, which is located about 300 km away from us.

Much damage was sustained by this rural region of Japan. In some communities not one house remained standing. Many are still missing and over 200 people have died. Entire communities were cut off as roads were damaged. The ports of some remote fishing villages were so badly damaged that boats could not access them. It took authorities a week to reach some of the more remote areas.

We are in contact with local churches and are partnering with them to offer aid to those in need. Please pray for the families of those who have been affected. Pray that the Lord will continue to give us wisdom as we strive to meet the needs of those who have been affected.

This has been an unexpected and shocking start to 2024. Join us in prayer as we use various means to share the Gospel with the lost.

May you experience the blessing of the Lord during 2024!

David Verwey

Upper Trosnant Update

- As we begin 2024, we acknowledge God's goodness in all that we were able to do in 2023 and trust him for the year ahead.
- We continue to know God's presence with us as we meet together, whether on Sundays or in the midweek. We are looking to him to continue to be at work in hearts and lives by his Holy Spirit
- Church activities are once again up and running, including Warm Space, Open House and by the time you read this we will have had our first Soup on Saturday of the year. In all of these we have had a good time as we have been together. These things happen month by month, lets continue to pray for them.
- It has been great once again to be part of Churches United in Pontypool. We have a number of things planned for the coming months. Particularly for February, we at Trosnant are hosting a Lent Lunch on Wednesday 21st February at 1.00 pm. This is part of a series will take place somewhere in Pontypool each Wednesday between 14th February and 20th March. Please see the poster in the hall for the venues for each week. There will be a Prayer and Praise evening on Thursday 29th February at 7.00 pm in the Salvation Army.
- On Wednesday 14th February, the Market Chaplaincy is organising hymn singing for Valentine's Day. It will be in the Market at 10.30 am.
- On Sunday 25th February will be a special Songs of Praise for St David's Day here at Trosnant. This, again, is in conjunction Churches United in Pontypool. It will start at 4.00 pm, and is an opportunity so sing some hymns that have a Welsh background or have been translated into English. Please do join us then.
- Our Quarterly Church Meeting was postponed until 31st January. In the March Newsletter, there will be details of things that will be happening in the coming months.
- **Please note** that Pastor Richard's Day Off each week is Friday. Please do not contact him or Annmarie on that day except in an emergency.

Happy Valentine's Day

Christians take different views of Valentine's Day, February 14th. Some take great pleasure in buying gifts and cards to express their romantic feelings for those that they love; others consider the day to be an over-commercialised event that has nothing to do with remembering the example a holy man of God.

Whatever we believe, Saint Valentine's Day has been celebrated since the 14th century, although very few details are known of his life. He is thought to have been a Christian priest in the 3rd century, who was imprisoned and persecuted by the Romans. Various legends are associated with him. He may have signed a letter 'from your Valentine' to the daughter of his jailor whom he had healed from blindness; alternatively, he may have performed marriages against the orders of the Roman Emperor in order that the husbands need not go to war.

Whatever our personal view or intentions with regard to red roses and chocolates, we cannot argue with the Bible's teaching about love. Here are some verses that to share with all our loved ones on February 14th:

Hatred stirs up conflict, but love covers over all wrongs.

(Proverbs 10:12)

Love is patient, love is kind. It does not envy, it does not boast, it is not proud. It does not dishonour others, it is not self-seeking, it is not easily angered, it keeps no record of wrongs. Love does not delight in evil but rejoices with the truth. It always protects, always trusts, always hopes, always perseveres. Love never fails. (1 Corinthians 13: 4-8)

Follow God's example, therefore, as dearly loved children and walk in the way of love, just as Christ loved us and gave himself up for us as a fragrant offering and sacrifice to God.

(Ephesians 5: 1-2)

And above all these put on love, which binds all things together in perfect unity. (Colossians 3: 14)

Dear children, let us not love with words or speech but with actions and in truth. (1 John 3:18)

CHURCH DIARY FOR FEBRUARY

SUNDAY SERVICES AND PREACHERS

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

4th	Pastor Richard (Communion)
11th	Dave Breese
18th	Pastor Richard
25th	Pastor Richard

SUNDAY AFTERNOONS @ 4 O'CLOCK

Meeting together in the Hall, with tea and coffee.

4th	Fellowship and Facebook Live with Pastor Richard
11th	Fellowship and Facebook Live with Annmarie
18th	Informal Communion
25th	St David's Day Songs of Praise with Churches United in Pontypool – see page 3

MONDAY

5th, 19th and 26th – 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.

12th – 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.

19th – 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

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

TUESDAY 13th – Christians Against Poverty prayer meeting **9.30 am in the Hall.** Everyone is very welcome.

WEDNESDAY – PRAYER AND BIBLE STUDY

7th – 6.50 pm for a 7.00 pm start, led by Phil

14th – 1.50 pm for a 2.00 pm start, led by Annmarie

21st – 6.50 pm for a 7.00 pm start, led by Pastor Richard

28th – 1.50 pm for a 2.00 pm start, led by Jill

THURSDAY 29th – CHURCHES UNITED IN PONTYPOOL PRAYER AND PRAISE EVENING

7.00 pm at the Salvation Army, Pontypool.

SATURDAY 24th – SOUP ON SATURDAY 1.30 pm in the Hall.
Please see the Back Page for details of how to sign up...

Special Meetings for Lent

WEDNESDAY 14th – 10.30 am – **Hymn Singing in the
Market for Valentines/Pancake Day**

WEDNESDAY 21st – 1.00 pm – **C.U.P. Lent Lunch in the Hall**

ROTA for February

	Reading	Door	Teas AM	Flowers	Teas PM
4 th	Tony	Anthea	Rhoswyn	Rhoswyn	Clare
11 th	David B	Lorraine	Clare	Anthea	Annmarie
18 th	Anthea	Barbara	Lorraine	Barbara	Lorraine
25 th	Ena	Clare	Rhoswyn	Yvonne	Clare
Communion: 4 th : Barbara 18 th (pm): Annmarie					

Prayer Page

'We have a hope that is steadfast and certain...'

In a world that is so often filled with darkness, despair and uncertainty, we can turn to our God who is a refuge and rock in times of trouble, and who gives a light to our path.

- Let us continue to pray for all those afflicted by warfare: in Ukraine, in Israel and Gaza, in Yemen and the Middle East. Remember refugees and all those who work to bring food and medical assistance to those in the greatest need.
- Pray for our nation in these times of political and industrial turmoil, and for other countries where elections are being held. Pray that the Lord's will be done as leaders are elected.
- Pray for our local community, and for our council leaders and representatives. Remember all those who work to provide services, in health, education, transport, and caring for our local amenities.
- Lift up all the churches of Torfaen, that God's people can really make a difference in our town.

Prayer for our Church

- Please pray for Pastor Richard and the leadership team as they plan and organise all the services and activities of Upper Trostnant in the month ahead.
- As the season of Lent begins and we look ahead to Easter, pray that every service in church, and every 'Facebook live' will be powerful and effective in sharing and teaching the word of God.
- 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 the CUP Prayer and Praise Evening, and the Special Songs of Praise for St David's Day. May the joy of singing together be inspirational for many people.

Prayers for our Church Family and Fellowship

- Please pray for Doreen as she is treated for high blood pressure.
- Remember Jill as she continues to recover from her broken wrist.
- Lift up Pam Charles especially during the difficult months of winter.
- Pray for Annmarie as she is recovering from an eye infection, and wisdom for the optometrists as they consider the best way forward for her sight in the long term.
- Please pray for Dale Norman during his last semester of ministerial training at Cardiff Baptist College, as he finishes his dissertation and his placement at Pontllanfraith. Ask the Lord to bless him, Naomi and Felicity as they seek the Lord's 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.
- Lift up Sue and David Verwey as they share the gospel to many in Japan, and minister to those who question where God was in the recent earthquake.
- Remember all those in care homes, including Ron Saunders and Ann Stephens. Ask the Lord to bless the monthly ministry to Ty Ceirios, that many hearts will be lifted by the singing, the friendship and the message.
- 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, Doreen Dixon, Lindsey Firth, Liz Harris, Audrey and Eric Jones, Jean Miles, Helen Norman, Jeff Parry, Judith Parry, Janet Pollard, Ann Price, Alwyn Stephens, Linda Swires-Hennessy, Greta and Derek Wagg, Marion Webb.



**You are
invited to**

**UPPER TROSNANT
BAPTIST CHURCH**

Lent Lunch - Wed 21st at 1pm

Soup on Saturday - Sat 24th at 1.30pm

Songs of Praise - Sunday 25th at 4pm

**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