

**UPPER TROSNANT
BAPTIST CHURCH**



FEBRUARY 2025 NEWSLETTER

The Lord
makes firm
the steps of
the one who
delights in
him

Psalm 37:23



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

Online ministry on YouTube

Just search for “Upper Trosnant”

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 March 2025 edition to
uppertrosnantbc@gmail.com by
Sunday 9th February.

Greetings from... Jill Morley

Greetings to all our readers as we begin the second month of 2025!

I hope that the year has started well for you, and that you're looking forward positively to all that lies ahead. But maybe some of you are feeling weighed down with the demands and pressures of life, or anxious about things to come. For us all, hearing the news of what is happening in the world each day can be depressing and distressing!

I recently read an article about the anxieties and concerns people felt in 1939, just a few months after the start of the Second World War, when our nation was facing a most terrible evil. One lady mentioned that she had been unable to sleep for fear of what may come upon us, as news came of Hitler's armies sweeping into Poland with their sights set on conquering the whole of Europe. Whatever would become of us when up against such an aggressive and determined foe?

At this time of immense challenge and sense of foreboding, what we needed above all was great courage and strong faith, and both these qualities were demonstrated by a man who could hardly put a sentence together due to his severe stammer, yet whose faith and courage inspired the nation – King George VI. In his Christmas radio broadcast to the nation at the end of 1939, he finished with these words....

'A new year is at hand. We can't tell what it will bring. If it brings peace, how thankful we shall be. If it brings us continued struggle, we shall remain undaunted. In the meantime, I feel we might all find a message of encouragement in the lines which, in my closing words, I should like to say to you: "And I said to the man who stood at the gate of the year: 'Give me a light that I may tread safely into the unknown.' And he replied, 'Go out into the darkness and put your hand into the hand of God. That shall be better to you than light, and safer than a known way.'" May that Almighty hand guide and uphold us all. Amen.'

King George's message must have been such a source of strength and encouragement to our nation. My own grandmother had these

words framed and on her mantelpiece for the rest of her life. As a child I loved to read them as they gave me comfort and hope too, for its message applies to us all, in every generation.

God's hand is stretched out in love and care to all who reach out to Him, and whilst none of us knows what the year ahead may bring, He does, and He says to us "Do not fear, for I am with you; do not be dismayed, for I am your God. I will strengthen you and help you; I will uphold you with my righteous right hand." (Isaiah 41:10)

Well over 300 years ago, the author of the famous book *Pilgrim's Progress* was having to endure a very trying ordeal. He had been sentenced to twelve years in prison in Bedford jail, for the 'crime' of preaching his non-conformist beliefs when ordered to stop. During those twelve long, hard years, he was separated from his young wife and four children, but kept up his morale by studying, writing and preaching to his fellow prisoners. The Lord was with him through it all, and gave him the strength to endure with patience and courage. That strength and courage still come through in the words he wrote to the hymn known as "To be a Pilgrim"...

He who would valiant be 'gainst all disaster,
Let him in constancy follow the Master.
There's no discouragement shall make him once relent
His first avowed intent to be a pilgrim.

John Bunyan saw himself as a pilgrim on the journey through life and, like him, all of us on our journey are often stretched and our faith tested, sometimes to the limit. We have to learn endurance and perseverance through our trials and battles, but through all life's twists and turns, the ups and downs, times of joy and times of pain, our character is forged, and one thing is certain – our God has promised to travel the journey with us, every single step of the way, and then bring us safely to our eternal home!

With love, Jill

Warm Space and Warm Welcome News

This newsletter went to be printed just before the Upper Trosnant Warm Space held its special meeting to 'Banish Blue Monday'. We hope to report next time on the warm atmosphere created by brightly coloured balloons and cakes, and, even more importantly, by the warm friendship and conversation with others.

Just a reminder that Warm Space is open every Monday afternoon between 2 and 4 pm. It is not a 'religious meeting' and absolutely anyone, of all faiths or none, is invited to come along, either to stay all afternoon or just to drop in for a hot drink and a biscuit. refreshments are free, and the 'comfy corner' has some comfortable armchairs waiting for you. (The Upper Trosnant Warm Space is run by members of the church, however, and if you would like somebody to pray with you, please do ask.)

The Upper Trosnant Warm Space is part of a nationwide network with venues open all across Britain. We regularly receive updates of Warm Space news, and recently were sent some simple knitting patterns for making cowls (also known as snoods or neck-warmers) that can be worn indoors or outdoors as an extra layer of comfort. These cosy garments were designed by a crafting group called Bee Creative, which meets at Frodsham in Cheshire.

The patterns are printed on the next page. There are three variations, and each one can be made from one 100g ball of chunky yarn. If you use a larger size needle than recommended, you will get an even softer, cosier texture.

The 3 stitch garter band on either side helps the cowl to lie flat when finished.

If you are a skilled knitter these will not take you long to complete, and they can be given as lovely gifts to friends, family or visitors to Warm Space. If you are a beginner, these are easy patterns to try. And if you have never knitted but would like to learn, please do ask one of the ladies at Warm Space or Open House to teach you!

Cosy Chunky Cowl Patterns



Pattern 1

Using 12mm needles, cast on 20 stitches.

Row 1: K3 (K2, P2) to last three stitches, K3.

Row 2: K to end.

Repeat these two rows, allowing enough yarn at the end to cast off loosely.

The finished piece should measure about 30" (76cm), though length is not critical.

With a large sewing needle, slip stitch the ends together into a circle. Your cowl is now complete!

Pattern 2

Using 12mm needles, cast on 20sts.

Row 1: K3 (K2, P2) to last three stitches, K3.

Row 2: K3 (P2, K2) to last three stitches, K3.

Repeat these two rows 3 more times (8 rows).

Row 9: K3 (P2, K2) to the last three stitches, K3.

Row 10: K3 (K2, P2) to last three stitches, K3.

Repeat rows 9 and 10 three more times (8 rows).

These 16 rows form the pattern. Repeat rows 1-16 four times more (total 5 patterns).



Repeat the first 8 rows once more.

Cast off loosely.

With a large sewing needle, slip stitch the ends together into a circle. Your cowl is now complete!

Pattern 3



With 12mm needles, cast on 23sts.

Row 1: K3, (P2, K3) 3 times, P2, K3.

Row 2: K5, P3, K2, P3, K2, P3, K5.

These two rows form a chunky rib pattern. Continue these two rows until the cowl measures about 30", ending with row 2 and leaving enough yarn to cast off.

Cast off loosely.

With a large sewing needle, slip stitch the ends together into a circle. Your cowl is now complete!

'For I know the Plans I have for you, plans to Prosper not to harm you', says the Lord

The Upper Trosnant 'verse for 2025' is Jeremiah 29:11, 'For I know the plans I have for you, says the Lord, plans to prosper not to harm you, plans to give you hope and a future.' As Christians, we believe that all of the Bible is inspired by God, and that the promises that he gave to his people in the Old Testament are still true for us, his people today. This verse is one that we can hold to while we wait on the Lord as to the future direction and pastorate of our Church. It is also wonderfully comforting and reassuring to know that we can trust in the Lord's plans for us individually, even when we go through difficult times. However

it is always important to know the historical context of verses from the Old Testament when we rely on the promises they hold. Jeremiah was a prophet bringing a message from God, but when did he live, and what situation were the Jewish people in at this time? If we understand the background then we can be sure of exactly what God's promise meant then, and what it means today.

Jeremiah lived between approximately 650 and 570 BC. He was called by the Lord to be a prophet at a time when the Jewish people were sinning greatly against God's ways, and Jeremiah brought them many warnings to repent and turn back to him. His prophecies were ignored, and as a punishment, in about 595 BC many of the Jews were taken as captives to Babylon. Jeremiah's prophetic warnings make up the 24th book of the Old Testament, and he was also the author of the following book, Lamentations, which tells of the people's grief living in exile far away from their homeland.

Jeremiah chapter 29 was written at a time when the prophet was still in Jerusalem, and it contains a prophecy in the form of a letter which he wrote to the elders, priests and people who had been deported. If we read Chapter 28 we learn what had happened just before this prophecy. A false prophet named Hananiah had been telling the people what they wanted to hear, and promising that their exile would be over very quickly. This was not true, and through Jeremiah, God warned Hananiah that he would be struck down, which is exactly what happened at the end of Chapter 28. Jeremiah's letter brought God's real message to the people, and it was not what they wanted to hear. They were to remain as captives for several generations, for 70 years in total. However, he would not forget them, and he had plans for their future prosperity, knowing that they would eventually turn back to him once more.

What then does 'our' verse mean for us today? God does not promise instant results, or that we will never face difficulty or hardship. Rather that as we follow him, he will prosper and bless us as we serve him in our current situation. We have a hope, and a future!

Clare Hopkins

God's Plans Wordsearch

Find the words highlighted in bold in this passage from Jeremiah 29. The letters you have left will tell you one of the special names of Jesus.

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

This is the text of the **letter** that the **prophet Jeremiah** sent from **Jerusalem** to the **surviving elders among** the **exiles** and to the **priests**, the prophets and all the other **people Nebuchadnezzar** had **carried** into exile from Jerusalem to **Babylon**.

“For I **know** the **plans** I have for you,” **declares** the LORD, “plans to **prosper** you and not to **harm** you, plans to **give** you **hope** and a **future**.¹² Then you will **call** on me and **come** and **pray** to me, and I will **listen** to you.¹³ You will **seek** me and find me when you seek me with all your **heart**.¹⁴ I will be **found** by you,” declares the LORD, “and will **bring** you **back** from **captivity**.^[b] I will **gather** you from all the **nations** and **places** where I have **banished** you,” declares the LORD, “and will bring you back to the place from which I carried you into exile.”
Jeremiah 29: 1 and 11-14

Bible Notes **46** Percussion Instruments in the Bible

Daniel Pearson

The Bible doesn't mention drums as we think of them. Israelites used tambourines, cymbals and castanets. The tambourine dates back to 1700BC and is famous in **Exodus 15:1-20** in Miriam's Song to celebrate the Israelites exodus from Egypt and crossing the Red Sea. Miriam first appears in the Book of Exodus. She is the daughter of Amram and Jochebed and the older sister of Moses and Aaron according to **Numbers 26:59**. Miriam is believed to have helped rescue her baby brother Moses from the River Nile in **Exodus 2:4**.

The **tambourine** is two instruments in one, with a drum head made with stretched animal skin over a wooden frame. Within the frame are mounted metal jingles called zills. The instrument can be struck, as a drum, shaken or both actions at the same time.



The Salvation Army is known for its music and the tambourine was ideal for a marching band. When the tambourine was first used it became very popular; easy to play and lively in action. The War Cry of 7th October, 1882, noted that 1,600 tambourines had been sold in six weeks. William Goddard designed a tambourine in 1893 that was better suited to Corps band needs. The tambourine that is used today in Salvation Army Bands hasn't changed significantly since the original design by Goddard.

A famous player was 'Tambourine Lizzie'. When she converted and became a Soldier, the Captain, who had heard of Lizzie's accomplishments on the tambourine, asked her if she would . . .

. . . join the drummers. Soon Londoners became accustomed to the sight of a dark, vivacious woman marching in Army processions, and playing a tambourine as if her life depended upon it. 'Tambourine Lizzie', became an Officer and married a Scottish Captain in the Corps. According to the War Cry, New York, Lizzie played a tambourine solo at her own wedding.

There are seventeen Bible verses referring to tambourines.

Cymbals were of cast bronze, although they could be worked from sheet material and in modern times are spun. Most often played in pairs; they can be clapped together or clashed one cymbal against another. An individual cymbal can be mounted on a stand and struck with a drum stick.



Psalms 150:5 'Praise him upon the loud cymbals: praise him upon the high sounding cymbals'. **1 Cor. 13:1** 'Though I speak with the tongues of men and of angels, and have not charity, I am become as sounding brass, or a tinkling cymbal'.



Castanets consists of a pair of concave shells joined on one edge by a string. They are held in the hand and used to produce clicks for rhythmic accents. They are traditionally made of chestnut, but in Bible times, ivory and metal were used.

'David and the entire assembly of Israel were dancing in the presence of the LORD with all of their strength, accompanied by all sorts of wooden instruments, harps, tambourines, castanets, and cymbals'. **2 Samuel 6:5**

Jimmy Carter 1924 – 2024

'Jesus Christ is a person and to me a constant companion' – the words of Jimmy Carter of his deeply personal Christian faith. At his funeral, his grandson said, 'From the time he wakes to when he lays his head down, he walks with the Lord.' And it can be seen in all he did, whether as a Sunday School teacher, peanut farmer, naval officer or President of the United States - he was a born again Christian. Baptised when he was eleven at the Maranatha Baptist Church in Plains, Georgia, Jimmy Carter said that his conversion was over a number of years.



Carter was educated at the United States Naval Academy and graduated in 1946. After two years, he applied for submarine service and was assigned to work with the new nuclear submarine force. As Carter was preparing to become the engineering officer on USS Seawolf, one of the first submarines to operate on atomic power, his father died in July 1953. He was honourably discharged and returned home to manage the family business.



He was three years old when he met his wife, Rosalynn Smith, as a baby. His mother, Lilian, had helped deliver her as the families were close neighbours in Plains. They were married in 1946 and celebrated their 77th wedding anniversary in July 2023, before Rosalynn's death in November that same year. They were the longest-married Presidential couple in US history. Jimmy Carter said at her death: 'Rosalynn was my equal partner in everything I ever accomplished. She gave me wise guidance and encouragement when I needed it. As

long as Rosalynn was in the world, I always knew somebody loved and supported me.’ One of the first stands he took was on segregation. He opposed a resolution by his local Baptist Church that prevented black worshippers from entering the church. While in the Navy, in 1950, when his submarine landed in the Bahamas, only white crew members were invited to a Christmas party, so Carter refused to attend in support of his black colleagues.

James Earl Carter became the 39th President of the United States on the 20th January 1977. He came to office amid an array of foreign and economic problems. Bringing peace to the Middle East was an outstanding achievement. He believed that the re-established nation of Israel in 1948 fulfilled biblical prophecies.



When the Egyptian President Anwar Sadat made his visit to Jerusalem in November 1977, this was followed by the reciprocal visit of Prime Minister Menachem Begin to Egypt. Jimmy Carter invited both these leaders to the presidential retreat at Camp David.

President Carter was awarded his Nobel Peace Prize in 2002. During the award ceremony, he said, ‘I worship Jesus Christ, who we Christians consider the Prince of Peace.’ He acknowledged that war may sometimes be necessary but is always evil. He said, ‘We will not learn how to live together in peace by killing each other’s children.’

He founded a nonprofit organisation based at the Carter Centre in Atlanta. The centre worked on critical areas of peace-making and human rights. He used the Carter Centre to bring people together from all sides of a conflict.

Daniel Pearson

BMS World Mission Day of Prayer

On **Sunday 2 February**, churches across Great Britain will be joining in a united 'day of prayer' all praying at different times throughout the day, praying for particular needs highlighted by BMS workers around the world. At Upper Trosnant on that day, Sunday@Four will be a special BMS Prayer Meeting, and our BMS representative, Jill, will be sharing some slides and guiding us through the prayer requests.

Please do come if you can. Here are some needs to pray for at home, and to remind you to continue lifting these places and people in prayer throughout the month ahead. The Vision Statement of the BMS is that 'Together, we are working for a world where all can experience faith in Christ and the abundant life only he provides.' The BMS has partners in Europe, South America, Africa, and across Asia.

- In **Cambodia**, Pastor J says, 'most churches are struggling. Pray for the young people staying at a Baptist hostel for college students. Pray that God will provide land or a building for a mission centre that can be used as a training centre, a place of worship and as a guest house.'
- A native of **Brazil**, Lucia Bastos is working in **Chad**, where the infant mortality rate is 66 out of every 1000. (In Brazil it is 13; in the UK, it is 3.9.) She asks for prayer for the staff at Guinebor II Hospital, where they work to build healthier communities.
- In **Lebanon**, BMS partners are serving and supporting refugees who have fled the conflict in the Middle East.
- In **Uganda**, pray for Valerie Kisaber, from **Kenya**, who says 'all I aspire to do is to spread the love of Jesus to the Acholi people. I want to see parents raise their children in God-fearing homes, and also to sensitise communities to the dangers of gender-based violence, for that is not what God desires for families that he so loves and created.' Pray for justice for victims of violence.
- In **Peru**, Laura-Lee Lovering says, 'Since my teenage years, I suspected that inadequate management of natural resources was a significant contributor to a lot of human suffering around the world. When I became a Christian, the connection between loving one's neighbour and being a good steward of God's good creation seemed clear.' Pray for greater empathy and action to help.

Upper Trosnant Update

- The month of January got off to an unexpected – and unwelcome – start with the first service of the year cancelled on account of heavy snow. A small number gathered for fellowship in the afternoon – and were plunged into darkness by a sudden power cut! Nothing takes the Lord by surprise however, and thanks were given, both that the Christmas candles were still at hand, and that the kettle had just boiled before the power went off!
- All our services and meetings are important, but none more so than the Vision Day on 1 February, when we will be meeting together to discern God's will for our church. The Rev Simeon Baker, mission director of the BUW, will be joining us, and if you worship at Trosnant regularly, please make every effort to be there.
- On 26 January we welcomed a new preacher in our pulpit, a student from the Valleys School of Theology, based at Noddfa in Abersychan; and others from there will be preaching at Trosnant on some future Sundays. We are grateful for their ministry. Please pray for these young men, that they will be part of a new work of God, revitalizing his church in Torfaen.
- Visitors to and users of the Upper Trosnant vestry are in for a treat – a brand new 'comfy corner' has appeared! Many thanks to Liz Harris for her generous donation of a corner sofa that will be put to good use, by the leadership gathering for prayer before Sunday services, or by anyone needing a quiet space for a conversation, or for example to come out of a service with a young child.
- The next Newsletter will have a report on January's Soup on Saturday. We continue to be so grateful to Anne Orphan for giving her time and talents to make such a variety of delicious flavours for us to enjoy, and always so beautifully served.
- As a church, we continue to support our local Food Bank, and donations can be placed in the box in the hall. The monthly prayer meetings for the Food Bank and Christians Against Poverty will be resuming on the first Tuesday in February. If you would like to know more about becoming the Upper Trosnant representative at this meeting, please speak to Clare.
- **The Duty Deacon for February is Keith Fordham.**

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.

2nd	Jose Garcia Tudela (Communion Service)
9th	Phil Norman
16th	Rev Suzanne Roberts
23rd	Rev Stephen Foley

SUNDAY AFTERNOONS @ 4 O'CLOCK

Meeting together in the Hall, with tea and coffee.

2nd	BMS Day of Prayer special meeting, see page 13
9th	'Come and Share' led by Lorraine
16th	Informal Communion, led by Clare
23rd	'The 10-minute slot'

MONDAY

3rd, 17th, and 24th – WARM SPACE 2.00–4.00 pm in the Hall. Everyone is warmly invited to drop in for a friendly chat over tea/coffee and biscuits.

10th – 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.

SERVICES IN RESIDENTIAL HOMES:

3rd– 11.00 am @ REGENCY

17th - 2.00 pm @ TY CEIRIOS

We share songs and friendship with residents who are always pleased to see us and greatly appreciate our visits. New faces are always welcome to join the team - more information from Lorraine.

TUESDAY - SISTERHOOD

All ladies are welcome to join us every week for fellowship over tea, coffee and biscuits, and to hear God's word and sing and pray together. We meet from 2-3.30 pm.

4th	Clare Hopkins
11th	Jill Morley
18th	Anne Orphan
25th	To be confirmed

WEDNESDAY – PRAYER AND BIBLE STUDY

5th	6.50 for 7.00 pm	Phil
12th	1.50 for 2.00 pm	Lorraine
19th	6.50 for 7.00 pm	Richard
26th	1.50 for 2.00 pm	Jill

THURSDAY 27th – CUP PRAYER AND PRAISE

Venue to be confirmed.

SATURDAY – 22nd – SOUP ON SATURDAY

at 1.30 pm in the Hall. Everyone is welcome; please don't forget to sign up!

HELPING IN CHURCH – ROTA for February

	Door	Teas AM	Flowers
2nd	Anthea	Jane & Anthea	Celia
9th	Jill	Yvonne	Rhoswyn
16th	Mike & Sian	Jill	Yvonne
23rd	Lorraine	Janet J	Sandra
Communion: 2 nd , am: Barbara; 16 th pm: Clare.			

PRAYER PAGE: Praying in the Snow!

Many of us felt discombobulated by suddenly finding we couldn't get to church on the first Sunday in January, on account of the snow. It can be frightening to feel trapped at home, and a great discouragement not to be able to meet with others for worship and fellowship. But let us take comfort in knowing that God is never taken by surprise – 'Have you entered the storehouses of the snow?', he declared to Job (Job 38:22). So how can we pray when snow disrupts our lives again? For it will!

Thank God for the snow, remembering that it is part of his wonderful creation. Isaiah 55:10 says, 'As the rain and the snow come down from heaven [they] do not return to it without watering the earth and making it bud and flourish.' Without winter, we would not have spring.

Share the joy that children get from playing in snow. Some of us may no longer be up to making snowballs and snowmen, but as Jesus told his followers, "Truly I tell you, unless you change and become like little children, you will never enter the kingdom of heaven." (Matthew 18:2) Take time to marvel at an intricate snowflake on the window, or listen to the awesome silence of a snowy street.

Thank God for his care and protection, and let us count our blessings – including our homes, warm clothes, hot food, and telephones. Isaiah 25:4 reminds us that God is always 'a refuge for the poor, a refuge for the needy in their distress, a shelter from the storm.'

Let us pray that our plans are at the centre of God's will. As Proverbs 19:21 says, 'Many are the plans in a person's heart, but it is the Lord's purpose that prevails.' When we are prevented from our usual activities, let us ask him what he would have us be doing instead. Just as in the covid lockdowns, we can redouble our efforts to support and pray for one another. Ask the Lord who you can help when it snows, whether with some shopping, a visit, or a telephone call.

And finally, **ask the Lord to give you an opportunity to share the good news of Jesus**, whether face to face, talking on the phone, or via text or social media. Isaiah 18:1 is a good verse to share when the weather is bad, 'Though your sins are like scarlet, they shall be as white as snow.'

Please Pray For...

- Please pray for the services and the preaching of the Word which will take place at Upper Trosnant in February. Thank God for and lift up our preachers, and those who lead our Bible Study each week.
- Pray especially for the Vision Day on 1 February, asking the Lord to guide us as we share together during the day and in the days and weeks following. Ask that we will be at the very centre of his will.
- Remember each member of the Leadership Team as they serve our church in different roles; ask the Lord to give them all the strength and support that they need.
- Pray for Soup on Saturday on February 22; may many be blessed by the food and fellowship, and by the message that will be shared.
- Lift up the Sisterhood, and Jill as she runs the meetings each week.
- Pray for Pastor Richard and Annmarie as they work in Llanwenarth.
- Pray for Dale Norman, and for Naomi and Felicity, as Dale waits on God for guidance as to his future Christian employment.
- Continue to lift up Lorraine and David Breese and their family.
- Remember our missionary friends Margaret and Roy Collins-Reese in Toulouse, and Sue and David Verwey in Japan.
- Pray for those recovering from falls: Pam Charles, Priscilla Pearson, Anthea Scott and Alwyn Stephens.
- Pray for Upper Trosnant's ministry to Ty Ceirios and Regency. Remember all those we love in care homes, including Ann Stephens.
- 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, Val's daughter Janie, Barbara's sister Brenda, Beryl from Blaenavon, Julie Blake, Julie's nephew Jacob, Dave Breese, Doreen Dixon, Lindsey Firth, Barbara and Keith Fordham, Liz Harris, Liz's daughter Michelle, Richard Harrison's daughter Rachel, Audrey and Eric Jones, Jean Miles, Helen Norman, Jeff Parry, Judith Parry, Janet Pollard, Linda Swires-Hennessy, Greta Wagg.

Fe**B****R**u**a**r**Y**

Come and join us...

**UPPER TROSNANT
BAPTIST CHURCH**



SOUP ON SATURDAY: 22 February 1.30pm
Please book your place via the contacts below

Upper Trosnant Baptist Church

Lower Bridge Street

Pontypool

Torfaen

NP4 6JU

Contact the Leadership Team on

e. uppertrosnantbc@gmail.com

t. 01495 751020

www.trosnant.org