



UPPER TROSNANT BAPTIST CHURCH

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August 2019

Newsletter



**“And now these three remain: faith, hope and love. But the greatest of these is love.”
(1 Corinthians 13 verse 13)**

Sunday Services at
11.00 am and 4.00 pm

A very warm welcome to you

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Newsletter Items:

We are always happy to receive items for the newsletter. Please email articles or features for the September 2019 edition to uppertrosnantbc@gmail.com by **Sunday 11th August 2019**.

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Letter from Pastor Richard

A New Vision of Jesus

As I have said recently and mentioned in the last magazine – I believe that our greatest need as Christians and as the Church is for a new vision of Jesus.

And, I am sure that nearly every Christian would say amen to that. We say that we are followers of Jesus, and so we want to live for him as he says. The question is, though, how do we go about getting this new vision of Jesus?

Well, it is all about our relationship with God, and making sure that that stays healthy. And, as Richard Harrison reminded us in a recent sermon, that relationship is ongoing – we cannot depend upon past experiences, however great they may have been. A testimony is as much about what God is doing now as it is about how you come to faith in the first place.

And so, we need to make sure that we do everything we can to keep our relationship with him fresh. That means:

1. Spending time reading the Bible and listening to what God is saying. That is something that we will be considering more over these next few months, and how we can do that more effectively, both individually and together.
2. Spending time in prayer. God is our heavenly father; he wants us to come and talk to him. He wants us to pour out our hearts to him and tell him how we are feeling.
3. Spending time regularly meeting with other believers. This means that we make every effort to be at Sunday services, and the midweek meetings if we can. We need each other - God has called us to be the church together.



As we do those things with a real desire for him, Jesus WILL give us a new vision of himself to enable us to be the people he wants us to in the places where he has put us.

To use the words of the late Rev. Vernon Higham who was a pastor in Cardiff for many years:

*I saw a new vision of Jesus,
a view I'd not seen here before,
beholding in glory so wondrous
with beauty I had to adore.
I stood on the shores of my weakness,
and gazed at the brink of such fear;
'twas then that I saw Him in newness,
regarding Him fair and so dear.*

Love in Jesus,

Pastor Richard

Pastor's Preaching Schedule for August

August 18 th	am: The lamented father	Genesis 49 v 29 – 50 v 14
	pm: Paying what is due	Matthew 17 v 24 – 27
August 25 th	am: The forgiving brother	Genesis 50 v 15 – 26

Date for your Diary: Harvest Celebrations

Please make a note that we will be celebrating Harvest on Sunday 22nd September, and sharing together in a Harvest Supper on Wednesday 25th September. This will be an extra special evening as it will be Upper Troisant's first Harvest Supper for two years – the event could not be held in 2018 on account of the new steps being built. Who will you invite?

Greetings from Doreen

Lemon drizzle cake! It is indeed one of the nation's favourite teatime treats, available in every supermarket, bakery, and home kitchen (if cake making is one of your activities). But this year, the National Trust has actually reinvented this delicacy – by adding left-over mashed potato to the mixture! Apparently, there is a surplus of jacket potatoes at the end of each day, and using them in baking is a way of preventing waste.

I quote the Head Chef of the National Trust, 'This cake has a fabulous taste. The potato holds the lemon flavour better, its more lemony!' So – the humble potato is leading the way, maybe. After the war, in the 50s, I was taken to the seaside, and offered ice-cream as a treat. It was rather a funny colour, and – when I asked the ice cream seller what was in it – he answered, reluctantly, 'Actually, it's made out of potatoes!'

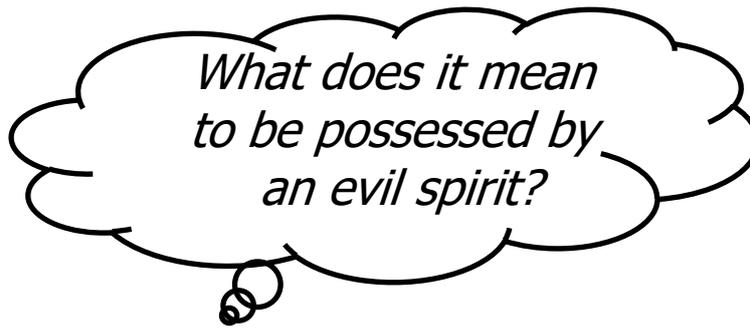
The potato is the third most important food crop in the world. There are more than 4,000 varieties, all different shapes and sizes. In 1995, the potato became the first vegetable to be grown in space! NASA created the technology, with the goal of feeding Astronauts on long space voyages. Potatoes are naturally gluten free, no fat, sodium or cholesterol. They are rich in vitamin C and contain more potassium than a banana. They are a good source of vitamin B, fibre, magnesium and antioxidants. Of course, a lot depends on how you cook them...!

When the Bible reports that God looked at everything He had made, and said, 'It's good – it's very good!' we are inclined to think He refers only to mountains, forests, eagles soaring high in the sky, swift panthers, musicians, artists, able politicians, all important, notable, applaudable assets to His creation. God also created the humble potato! He gave as much careful thought to this very ordinary object as to His greatest feats of creation. Consider these words from Psalm 31: 'Taste and see that the Lord is good. Blessed is the one who takes refuge in Him. The lions may grow weak and hungry but those who seek the Lord lack no good thing.'

Doreen Harrison

I trust you are enjoying the lovely summer sunshine?

Ask the Pastor



In a recent sermon, we were looking at an incident in Matthew 17 v 14 – 20, where a man brought his son, who had an evil spirit, to Jesus to be healed. Someone then asked me the question, 'What does it mean to be possessed by an evil spirit.'

Now, before I go any further, please don't panic that I am going to go into all sorts of gory details, like something from a horror movie. Very often in them, people who have some sort of evil spirit are portrayed very dramatically, often involving extreme violence. That is not always the case. Although, for the boy in the passage we have been looking at, the consequences were very serious – he kept falling into fire and water – he could have been killed.

Having an evil spirit is not something that can be seen by outward appearance. If you were to look at one such person, they probably would look no different from anyone else. However, as was true for this young boy, having an evil spirit clearly shows itself in one's behaviour.

Does it still happen today, or was it just something that happened in Jesus' day? Yes, I believe it can still happen today, although I don't believe it is as common as some would suggest. And, I don't think we can ascribe every wrong action that someone does, even if it is serious, to an evil spirit. It is certainly something that comes from the Devil; why it happens is not always certain. Sometimes, it is because someone has had an unhealthy interest in the occult. But it will show itself in some form, whether physically or in the mind of the person concerned. And here is somewhere else we have to be careful – we must NOT say that mental illness, or for that matter any sickness, is because of an evil spirit. It can be an outcome, but most people affected do not have such a spirit.

So, what should we do about those who have an evil spirit? There are those who are trained and gifted by God to deal with these situations. They can use their God – given expertise to determine whether the person actually has an evil spirit, and then handle it appropriately.

And all of us can pray about situations that we know of where this is happening. And, we are to be as supportive as we can to those involved.

Can a Christian be possessed by an evil spirit? I don't believe so. We have the Holy Spirit in us, and he will not dwell together with a spirit from the devil. Yes, we need to be careful that we do not get drawn into situations where we are tempted to be involved with things that are evil. But we will not be possessed. The scripture we need to remember is:

The one who is in you is greater than the one who is in the world.

1 John 4 v 4 (NIV)

As I have already said, such situations are rare. The important thing to remember is that, as this passage teaches, Jesus is able, by HIS Spirit to free those who are affected.

Pastor Richard

Don't forget Vision of Hope and the Food Bank!

The long summer holidays should be a happy time for children – but August can be very difficult for families who miss the free school dinners that children can enjoy during term time. The Pontypool Food Bank will be particularly grateful for our support during the coming weeks – you can donate food items at Tesco, or put them in the box in the Hall. The food bank needs non-perishable packets and tins, including cereal, pasta, meat, veg and fruit – look at the full list on the vestibule noticeboard – and one thing they never have enough of is cartons of long-life milk.

Please remember the needs of Vision of Hope too, as we look forward to a visit from Maurice and some of the farm residents on August 25th. As well as gifts of food, Vision of Hope need cleaning materials and toiletries for the young people there.

News from the Drews

For the past 3 years, Upper Trosnant has been supporting a missionary couple, Chris and Debbie Drew, who have been working for the BMS in Kathmandu, the capital city of Nepal. This is their last letter from there, as they return to new lives in the UK this summer. Please continue to pray for them and their children, Rebekah, Joshua, Tabea and Sam, as they settle in their new home in Yorkshire.

Dear Friends,

Warm greetings from Kathmandu where we are entering our final two months living and working here. Every week for the last month or so we've spent time as a family reflecting on the changes ahead. It's been a chance to acknowledge our sadness at leaving a place where we feel we belong, share our grief over the friendships, school and work community we leave behind and the neighbours and shopkeepers that will no longer be part of our daily "namaste" greetings. Whilst sensing it's right for us to begin a new chapter in the UK, this is not "going home", especially for our children, and it may take time until we experience a new sense of belonging.

This transition, this "in-between" place, is hard to be in. We are gradually letting go of responsibilities here, but don't yet have much in place for the future. We have decided to settle in Leeds, where Debbie is from, which will mean being close to Debbie's parents, Chris' sister and some other friends. We're happy to move to a large, vibrant, multi-cultural city, close to the beautiful Yorkshire Dales. We are exploring housing and school possibilities. We have some ideas about what work to do after we leave BMS in September, but nothing fixed.

As we look back over these last 14 years with BMS, we know we have had to trust God in so many instances, large and small, – security attacks in Afghanistan, earthquakes in Nepal, a visa crisis which delayed our return here by 4 months – to name a few of the biggies. It feels like we are in that place again – being stretched in our faith that God will provide for and guide us.

We feel encouraged that we've grown in this – none of us feel overly anxious about the future and have been able to keep returning to that place of remembering that it is in God, rather than secure plans, fixed addresses or school places, that we trust; until now he has always shown us the next step at the right time. Please pray this continues as we are likely to remain in transition for some months yet. These words from Hillsong's *Oceans* remind us of the amazing things that can happen when we trust God wholeheartedly:

*'Spirit lead me where my trust is without borders
Let me walk upon the waters
Wherever You would call me
Take me deeper than my feet could ever wander
And my faith will be made stronger
In the presence of my Saviour'*

In other news, I (Debbie) have just returned from facilitating a two-day workshop with INF's leaders and managers. We took the theme "trust" and explored how our behaviour can build trust within relationships and the wider organisation. We had a lot of fun in different group activities and it was moving to hear people's commitments at the end – to be courageous in righting wrongs, to listen more deeply to each other, to try to confront in a healthy way and to invite feedback from others. None of these are easy in a culture which values "saving face" and high status. Even to verbalise those commitments in front of others was a courageous step to take.

Please remember the Nepali church in your prayers; for courage and wisdom in living out their faith. On 23 April, three Nepali Christians were arrested and faced unfounded accusations about proselytising. A law passed in 2018 made trying to convert people to another faith illegal. They were released on 29 April, but nevertheless this action is concerning. One of those held has children at our children's school and so we were all concerned at a personal level for the family, as well as for the repercussions on human rights in Nepal.

With our warm thanks, Chris and Debbie

"One for All"

I'm a modern musketeer –
The Spirit is my sword,
Anchored to my belt of truth,
As I uphold my Lord.

Old-fashioned is my armour,
Yet Satan it defies.
It is the Lord's protection,
And it comes in every size.

When you believe in Jesus Christ,
Your battle has begun.
The shield of faith is all you need
Against the evil one.

In Christ we're musketeers –
We answer to His call.
A Christian's life is all for one,
And Christ is one for all.

By Terry Jones

"Finally, be strong in the Lord and in his mighty power. Put on the full armor of God, so that you can take your stand against the devil's schemes. For our struggle is not against flesh and blood, but against the rulers, against the authorities, against the powers of this dark world and against the spiritual forces of evil in the heavenly realms. Therefore, put on the full armor of God, so that when the day of evil comes, you may be able to stand your ground, and after you have done everything, to stand. Stand firm then, 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."

(Ephesians 6 verses 10-18)

Proverbs Wordsearch

On Wednesday evenings, Jill has been leading us in a study of the book of Proverbs. Proverbs is a book of instructions on how to live a life pleasing to God. It is a wonderful book that can guide people of all ages who seek to live happy and peaceful lives. Can you find the highlighted words hidden in the grid below? The letters left over will spell out something that all who trust in the Lord can do (see Proverbs 10 v. 9).

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

The **proverbs** of **Solomon son of David, king of Israel**: for gaining **wisdom** and **instruction**; for **understanding words** of **insight**; for receiving instruction in **prudent behavior**, **doing** what is **right** and **just** and **fair**; for **giving** prudence to **those** who are **simple**, **knowledge** and **discretion** to the **young** – **let the wise listen** and **add** to their **learning**, and let the **discerning** get **guidance** – for understanding proverbs and **parables**, the **sayings** and **riddles** of the wise. The **fear** of the **Lord** is the beginning of knowledge.

(Proverbs 1, verses 1-7)

Services/Meetings

Sunday 4 th	11.00 am	The Rev. Meirion Thomas
	4.00 pm	The Rev. Meirion Thomas (Communion)
Sunday 11 th	11.00 am	The Rev. Howard Jones
	4.00 pm	The Rev. Howard Jones
Sunday 18 th	11.00 am	Pastor Richard Miles (Communion)
	4.00 pm	Pastor Richard Miles
Sunday 25 th	11.00 am	Pastor Richard Miles (BMS Offering)
	4.00 pm	Vision of Hope

Special Services

Monday 5 th	3.00 pm	Service for residents at Ty Bryn
Monday 19 th	2.00 pm	Service for residents at Ty Ceirios
Thursday 29 th	2.00 pm	Meeting at Regency House

The Sisterhood



The Sisterhood are taking a break for the month of August. Please continue to pray for one another as you enjoy the sunny weather. Our next meeting will be on Tuesday 3rd September, at 3 pm.

Midweek Bible Study and Prayer Meetings

Wednesdays	7 th	Priscilla Pearson
6.50 – 8.30 pm	14 th	Pastor Richard
	21 st	Anmarie Miles
	28 th	Evening of Prayer

Ladies' Prayer Retreat

There will be no prayer retreat in August. Please remember the needs that have been shared via the prayer letter, and lift up one another in prayer until we meet again on Tuesday 3rd September.

Ladies' Evening

All ladies are invited to join us on Tuesday 13th at 7.30 pm. See Annmarie for more details, as this date is subject to change.

Eastern Valley Men's Christian Fellowship



Gentlemen, please join us on a summer outing on Tuesday 13th August at 7.00 pm when we will be going 10-pin bowling in Cwmbran.

Open House

Ladies and Gentlemen are invited to join us from 2.00 – 4.00 pm on Monday 12th August, for a time of friendship and light refreshments.

Prayer Meetings

During August there will be no Monday morning or evening prayer meetings, and the Upper Trostnant leadership team will not be holding their usual monthly prayer and business meeting.

Prayer Meeting for Christians Against Poverty

Thursday 8th August - 10.30 am, at the Lighthouse Church.

Weekly Rotas

Cleaning Rota

August 5 th	Janet Jones
August 12 th	Phil Norman
August 19 th	Janet Pollard & Jonathan Pollard
August 26 th	Keith & Barbara Fordham

Sunday 4th

Flowers	Rhoswyn Williams
Duty Deacon	Annmarie Miles
Door – am	Pam Charles
Teas – am	Rhoswyn Williams
Door/Offering – pm	Clare Hopkins

Sunday 11th

Flowers	Clare Hopkins
Duty Deacon	Keith Fordham
Door – am	Clare Hopkins
Teas – am	Clare Hopkins
Door/Offering – pm	Jill Morley

Sunday 18th

Flowers	Annmarie Miles
Duty Deacon	Keith Fordham/Annmarie Miles
Door – am	Anthea Scott
Teas – am	Anthea Scott/Annmarie Miles
Door/Offering – pm	Barbara Fordham

Sunday 25th

Flowers	Helen Norman
Duty Deacon	Annmarie Miles
Door – am	Helen Norman
Teas – am	Helen Norman
Door/Offering – pm	Annmarie Miles

Please Pray For...

- Pray for Pastor Richard and Annmarie as they work among us, and for our Leadership Team, that the Lord will be with them as they make plans for our Church. Pray that all our leaders will be blessed by some holiday relaxation during the summer.
- Pray that many will accept the invitation to Teatime @ Trosnant on 17 August, and will be blessed as they share fellowship with us.
- Pray for all the children and young people who come to S Club, and for Sue as she leads the group. Pray for new families and children coming to our Church.
- Pray for our organisations and meetings, whether they meet or take a summer break: Open House, the Ladies' Evening, Sisterhood, Prayer Retreat, the Men's Fellowship...
- Pray for all those we know who work for God, including Mike and Sue Martin in Exmouth; Margaret and Roy Collins-Reese in Toulouse; Sue and Dave Verwey in Japan; Dale and Naomi Norman with Covenant Players. Pray especially for Chris and Debbie Drew as they move from Nepal to Leeds.
- Pray for all who are prevented by age or infirmity from worshipping with us on Sundays, including Ron Saunders in Plas-y-Garn.
- Pray for those who are unwell or who are recovering from illness or accidents, including: Doreen Dixon, Lindsey Firth, Geoff Hands (Clare's dad), Doreen Harrison, Jean Miles, Helen Norman, Janet Pollard, Ann Price, Jo Shanahan, Ann Stephens, Greta and Derek Wagg, Marion Webb, Malcolm Williams, Marion Williams...
Pray for the ongoing recovery of Barbara's sister Brenda after her heart transplant; pray for Barbara's and Brenda's mother, Eileen, that she will settle well in her new life in Regency House.

Please join us for
TEATIME at TROSNANT

on Saturday 17th August, at 3.00 pm
Everyone is welcome.



Just sign the list in the Hall, or ring or email the Church
to let us know you are coming.

Contact Details

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