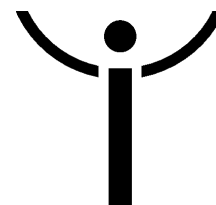


# West Bridgford Methodist Church

## March 2019 “At a Glance”

### A Diary of Worship Services and Other Events



Where “details below” is shown next to a diary entry please see the general notices at the end of “At a Glance” for more information.

Please note that in the WEB version individual’s contact details are NOT give, this information may be obtained from the printed version available at church.

#### The “March Project” :

During March there are going to be a series of events aimed at raising funds for the West Bridgford Methodist Church “March Project”, the church family are collectively working together to raise funds which will be split equally between three charities / groups :

- All We Can (previously known as the Methodist Relief Fund)
- Methodist Homes for the Aged (MHA)
- 4<sup>th</sup> West Bridgford Scouts (to support their trip to Switzerland for an International Summer Camp in 2019).

Throughout “At a Glance” where the fund raising is for these charities they will not be identified individually but just called “The March Project”.

#### Andrew’s series on Ephesians :

When Andrew Barker visited us last month, he asked us to read the Letter of Ephesians in the New Testament. He will take us through the rest of the book on 10<sup>th</sup> and 24<sup>th</sup> this month. There will be opportunities to ask questions and talk with Andrew after both services.

Saturday 02 March	9.30 am - Midday	<b>Community Coffee Morning in the Community Hall.</b> Hosted by representatives of “All We Can” in aid of the Church’s March Project.
Sunday 03 March	10.30 am	<b>MORNING WORSHIP conducted by Rev Roger Hoath.</b> With SUNDAY CLUB offering faith, friendship and fun for children and young people. Flowers donated by Jane Creswell.
	6.00 – 8.00 pm	<b>Sunday Youth Group.</b> Following on from the Youth Alpha course the end of 2018, youth from Cotgrave and West Bridgford are continuing with meeting at WBMC on Sunday evenings. The evening starts with an hour of discussion followed by an hour of games together. For more information contact our youth engagement worker Abby (for contact details please see the printed version of “At a Glance” available at the church).

Monday 04 March	2.00 – 4.00 pm	<b>Memory Lane Café.</b> Come and enjoy reminiscence, activities with music & singing, make new friends and enjoy tea & cake!
	3.30 – 5.30 pm	<b>X-Plore : a New Youth Group.</b> X-Plore is a new youth group (meeting each Monday during term time) for those aged 8 to 11. Doors open from 3.30pm, start at 4pm and finish by 5.30pm. Join us as we learn about The Bible by creating “stop motion films”. For more information contact our youth engagement worker Abby (for contact details please see the printed version of “At a Glance” available at the church).
	7.30 pm	<b>Open House Fellowship Group.</b> Our meetings continue with a time of fellowship, Bible study (Romans <u>4</u> v. 1 - 25), prayer and concluding with tea or coffee. Please note that we now are meeting twice monthly – on the first and third Mondays in the month. We are meeting at Gardens Court. Details from Brian Horler.
Tuesday 05 March	7.30 – 9.00 pm	<b>Christianity Explored (7).</b>
Wednesday 06 March	9.30 – 11.30 am	<b>Parent, Baby and Toddler Group.</b>
	10.00 am - Midday	<b>Meeting Point</b> (meeting at Epperstone Court) : A warm and friendly group. Come for a cuppa and biscuits, a natter and a laugh. Look forward to meeting you.
	1.30 – 3.00 pm	<b>Parent, Baby and Toddler Group.</b>
Thursday 07 March	2.30 pm	<b>Women’s Fellowship : Speaker TBA.</b>
	2.30 – 4.00 pm	<b>Singing Together</b> : Further details below.
	7.30 pm	<b>Church Council Meeting</b>
Saturday 09 March (continued on next page)		<b>Deadline for booking on the BMW walk on 16<sup>th</sup> March.</b>
	8.30 am	<b>Men’s Prayer Group</b> : further details below.
	9.30 am - Midday	<b>Community Coffee Morning in the Community Hall.</b> Hosted by representatives of “WBMC Children+Youth” in aid of the Church’s March Project. Please note that there are no dancing classes at this time.
	9.30 am – 4.00 pm	<b>A Retreat with the President of Conference. (to be held at West Bridgford Methodist Church).</b> An amazing opportunity to retreat with the President of the Methodist Conference, Rev’d Micky Youngson, who is coming to lead two retreat days for both lay and ordained people. Micky is known for her liturgical writing and her books on prayer. This is an opportunity not to be missed by anyone looking to develop their spiritual devotional life. Further details (including how to book) are to be found on the notice board in the Community Hall.

Saturday 09 March (continued from previous page)	7.00 pm	<p><b>A concert which will feature 100 singers drawn from West Bridgford Social Singers and Everyone Can Sing.</b></p> <p>Proceeds will go to MHA, "All We Can" and our Scouts camp in Kandersteg.</p> <p>With a very popular programme, featuring particularly some songs by Queen and a number of songs from Les Miserables, it is sure to be a very enjoyable evening, and accessible to all ages. For those who wish, there will also be some opportunities to sing along!</p> <p>The admission charge is just £5, and children free, and with an early start at 7.00pm it will make a good family night out. Tickets must be purchased in advance from John Heard or <a href="mailto:enquires@wbmethodist.org.uk">enquires@wbmethodist.org.uk</a></p>
	7.30 pm	<p><b>Traveller's Tales of Kenya.</b></p> <p>Come and enjoy Colin Russell's tales of his visit to Kenya at Keyworth Methodist Church. Donations on the evening towards the "Self Help Africa" charity.</p>
Sunday 10 March	10.30 am	<p><b>MORNING WORSHIP including Holy Communion conducted by Revd Andrew Barker.</b></p> <p>With SUNDAY CLUB offering faith, friendship and fun for children and young people.</p> <p>Flowers donated by Michael and Vanessa Johnson.</p>
	1.00 pm	<p><b>Community Lunch (prepared and served by the Scouts).</b></p> <p>Please sign up on the sheet in the Community Hall.</p>
	6.00 – 8.00 pm	<p><b>Sunday Youth Group.</b></p> <p>Following on from the Youth Alpha course the end of 2018, youth from Cotgrave and West Bridgford are continuing with meeting at WBMC on Sunday evenings. The evening starts with an hour of discussion followed by an hour of games together. For more information contact our youth engagement worker Abby (for contact details please see the printed version of "At a Glance" available at the church).</p>
Monday 11 March	2.30 – 4.00 pm	<p><b>Monday Afternoon Fellowship</b></p> <p>A warm welcome is assured from this friendly group meeting at Ann Latham's house twice a month for fellowship, discussion and prayer. An interesting afternoon is promised with tea and cake too. See Ann or Georgina for more details.</p>
	3.30 – 5.30 pm	<p><b>X-Plore : a New Youth Group.</b></p> <p>X-Plore is a new youth group (meeting each Monday during term time) for those aged 8 to 11.</p> <p>Doors open from 3.30pm, start at 4pm and finish by 5.30pm.</p> <p>Join us as we learn about The Bible by creating "stop motion films".</p> <p>For more information contact our youth engagement worker Abby (for contact details please see the printed version of "At a Glance" available at the church).</p>

Tuesday 12 March	10.00 am	<b>Coffee and Chat</b> – Details from Fiona.
	2.00 – 4.00 pm	<b>Dementia Friendly Film Show</b>
	7.30 – 9.00 pm	<b>Christianity Explored (8).</b>
Wednesday 13 March	10.00 am - Midday	<b>Meeting Point</b> (meeting at church) : A warm and friendly group. Come for a cuppa and biscuits, a natter and a laugh. Look forward to meeting you.
	1.30 – 3.30 pm	<b>Woolly Wednesday</b> – a time for craft, care and cake. A time to share skills and learn new ones. Details from Jane Everett and Monica Heard.
Thursday 14 March	10.00 am – 2.00 pm	<b>Friends Together.</b> A time to socialise with others over a cup of tea.
	2.30 – 4.00 pm	<b>Singing Together</b> : Further details below.
Saturday 16 March	9.30 am	<b>Bridford Methodist Walkers :</b> <b>Waterways of Nottingham</b> A 5 mile walk (with shorter alternatives). We start at church to be back in time for the Soup Lunch. Contact John Thurston (for contact details please see the printed version of “At a Glance” available at the church) for more details or to book.
	9.30 am - Midday	<b>Community Coffee Morning in the Community Hall.</b> Hosted by representatives of “All We Can” in aid of the Church’s March Project.
	10.00 am – 4.00 pm	Nottingham and Derby District Safeguarding Group <b>SAFE TO GROW</b> A day to review practice, find support and be resourced to work with young people Littleover Methodist Church, Derby, De23 6ep Further details on the notice board in the Community Hall.
	Midday – 2.00 pm	<b>Soup and Cheese Lunch.</b> Please sign up on the sheet in the Community Hall.
	2.00 – 3.30 pm	<b>Going for Growth – Why ?</b> A series of conversations in Lent to help confirm our understanding of God’s purpose for our church. Please come along to one of the meetings (also on Thursday 21 <sup>st</sup> March at 10.00 am and Tuesday 26 <sup>th</sup> March at 7.00 pm). You will be most welcome.

Sunday 17 March	9.15 – 10.00 am	<p><b>Breakfast before Morning Worship.</b> Prepared and served by the Guides. Please sign up on the sheet in the Community Hall.</p>
	10.30 am	<p><b>MORNING WORSHIP conducted by John Mellor.</b> <b>(part of the Lent series of services)</b> With SUNDAY CLUB offering faith, friendship and fun for children and young people. Flowers donated by Irene Braybrook.</p>
	6.00 – 8.00 pm	<p><b>Sunday Youth Group.</b> Following on from the Youth Alpha course the end of 2018, youth from Cotgrave and West Bridgford are continuing with meeting at WBMC on Sunday evenings. The evening starts with an hour of discussion followed by an hour of games together. For more information contact our youth engagement worker Abby (for contact details please see the printed version of “At a Glance” available at the church).</p>
Monday 18 March	Midday – 2.30 pm	<p><b>Helping Hands.</b> Your opportunity to help the running of the church by joining others to tackle the myriad of small maintenance and cleaning work needed. <b>Newcomers are ALWAYS very welcome.</b> As a reward for your efforts, lunch will still be provided.</p>
	3.30 – 5.30 pm	<p><b>X-Plore : a New Youth Group.</b> X-Plore is a new youth group (meeting each Monday during term time) for those aged 8 to 11. Doors open from 3.30pm, start at 4pm and finish by 5.30pm. Join us as we learn about The Bible by creating “stop motion films”. For more information contact our youth engagement worker Abby (for contact details please see the printed version of “At a Glance” available at the church).</p>
	7.30 pm	<p><b>Open House Fellowship Group.</b> During Lent our meetings will concentrate on the lectionary gospel readings (this week it is Luke <u>13</u> v. 31 – 35) together with a time of fellowship, prayer and concluding with tea or coffee. Please note that we now are meeting twice monthly – on the first and third Mondays in the month. We are meeting at Gardens Court. Details from Brian Horler.</p>
Tuesday 19 March	2.30 – 4.00 pm	<p><b>WOMEN’S TUESDAY GROUP.</b> Speaker : Audrey Nicholson “Gedling Sports Club” (Tuesday Group’s charity for 2018 – 9). Meeting in the Community Hall, all are welcome.</p>
	7.30 – 9.00 pm	<p><b>Christianity Explored (9)</b></p>

Wednesday 20 March	10.00 am - Midday	<b>Meeting Point</b> (meeting at church) : A warm and friendly group. Come for a cuppa and biscuits, a natter and a laugh. Look forward to meeting you.
	3.30 – 5.30 pm	<b>Messy Church.</b> All are welcome to join us for this intergenerational family time together. Come and join us as we explore Palm Sunday and the events leading up to Easter in life of Jesus through worship, activities and a shared meal together, doors open at 3.30 pm for refreshments. A time of worship and activities for all ages, followed by a meal shared together. For more information contact our Youth Engagement Worker, Abby (for contact details please see the printed version of “At a Glance” available at the church)..
Thursday 21 March	10.00 – 11.30 am	<b>Going for Growth – Why ?</b> A series of conversations in Lent to help confirm our understanding of God’s purpose for our church. Please come along to one of the meetings (also on Saturday 16 <sup>th</sup> March at 2.00 pm am and Tuesday 26 <sup>th</sup> March at 7.00 pm). You will be most welcome.
	12.15 pm	<b>‘Easter Schools Workshops’</b> Open planning meeting for the ‘Easter Schools Workshops’ Bring a sandwich (drinks provided) and we will talk through our plans for this exciting opportunity to share the Easter message with over 400 local primary school children. We need people to help with refreshments, costumes and scenery, technical set up and practical arrangements on the days. Please ask John Heard how you can help and come along to the meeting to learn a little more. The dates and times of the workshops are listed in this issue of At a Glance.
	2.30 – 4.00 pm	<b>Singing Together</b> : Further details below.
Saturday 23 March	8.30 am	<b>Men’s Prayer Group</b> : further details below.
	9.30 am - Midday	<b>MHA COFFEE MORNING :</b> The coffee morning today at WBMC, aims to raise some funds for the March Project and is aid of our very own Methodist Homes. As your MHA rep, it is my task to co-ordinate this event, and I should be most grateful to anyone who could help provide cakes, serve in the kitchen for an hour or two, and/or set up and tidy away at the end. Please see Mike Hodgkins if you can help in any way. Many hands make light work!! Thank you.

Sunday 24 March	10.30 am	<b>MORNING WORSHIP conducted by Revd Andrew Barker.</b> With SUNDAY CLUB offering faith, friendship and fun for children and young people. Flowers donated by Marian and Hugh Crawford.
	3.00 – 5.00 pm	<b>Afternoon Tea.</b> Please sign up on the sheet in the Community Hall.
	6.00 – 8.00 pm	<b>Sunday Youth Group.</b> Following on from the Youth Alpha course the end of 2018, youth from Cotgrave and West Bridgford are continuing with meeting at WBMC on Sunday evenings. The evening starts with an hour of discussion followed by an hour of games together. For more information contact our youth engagement worker Abby (for contact details please see the printed version of “At a Glance” available at the church).
Monday 25 March	2.30 – 4.00 pm	<b>Monday Afternoon Fellowship</b> A warm welcome is assured from this friendly group meeting at Ann Latham's house twice a month for fellowship, discussion and prayer. An interesting afternoon is promised with tea and cake too. See Ann or Georgina for more details.
	3.30 – 5.30 pm	<b>X-Plore : a New Youth Group.</b> X-Plore is a new youth group (meeting each Monday during term time) for those aged 8 to 11. Doors open from 3.30pm, start at 4pm and finish by 5.30pm. Join us as we learn about The Bible by creating “stop motion films”. For more information contact our youth engagement worker Abby (for contact details please see the printed version of “At a Glance” available at the church).
Tuesday 26 March	9.30 – 11.30	<b>Easter Schools Workshop</b> with Y6 pupils Jesse Gray Primary School.
	10.00 am	<b>Coffee and Chat –</b> Details from Fiona.
	7.00 – 8.30 pm	<b>Going for Growth – Why ?</b> A series of conversations in Lent to help confirm our understanding of God’s purpose for our church. Please come along to one of the meetings (also on Saturday 16 <sup>th</sup> March at 2.00 pm am and Thursday 21 <sup>st</sup> March at 10.00 am). You will be most welcome.
Wednesday 27 March	10.00 am - Midday	<b>Meeting Point (meeting at church) :</b> A warm and friendly group. Come for a cuppa and biscuits, a natter and a laugh. Look forward to meeting you.
	1.30 – 3.30 pm	<b>Woolly Wednesday –</b> a time for craft, care and cake. A time to share skills and learn new ones. Details from Jane Everett and Monica Heard.

Thursday 28 March	10.00 am – 2.00 pm	<b>Friends Together.</b> A time to socialise with others over a cup of tea.
	2.30 – 4.00 pm	<b>Singing Together</b> : Further details below.
Saturday 30 March	9.30 am - Midday	<b>Community Coffee Morning in the Community Hall.</b> Hosted by representatives of “Sandra Taylor School of Dance” in aid of the Church’s March Project.
	11.00 am - 1.00 pm	<b>Friary Fundraising Sale at Sir Julien Cahn Pavilion, West Park, West Bridgford NG2 7JE.</b> Further information on Church notice board.
Sunday 31 March		<b>Deadline for the April issue of “At a Glance”.</b>
	10.30 am	<b>MOTHERING SUNDAY</b> <b>ALL AGE WORSHIP conducted by Revd Mark Roberts.</b> Flowers donated Josie Henson.
Monday 01 April	9.30 – 11.30	<b>Easter Schools Workshop</b> with West Bridgford Junior School
	1.00 – 3.00	<b>Easter Schools Workshop</b> with West Bridgford Junior School
	2.00 – 4.00 pm	<b>Memory Lane Café.</b> Come and enjoy reminiscence, activities with music & singing, make new friends and enjoy tea & cake!
	7.30 pm	<b>Open House Fellowship Group.</b> During Lent our meetings will concentrate on the lectionary gospel readings (this week it is Luke <u>15</u> v. 1 – 3 & 11b - 32) together with a time of fellowship, prayer and concluding with tea or coffee.  Please note that we now are meeting twice monthly – on the first and third Mondays in the month.  We are meeting at Gardens Court. Details from Brian Horler.
Tuesday 02 April	9.30 – 11.30	<b>Easter Schools Workshop</b> with West Bridgford Junior School
	1.00 – 3.00	<b>Easter Schools Workshop</b> with West Bridgford Junior School
Wednesday 03 April	10.00 am - Midday	<b>Meeting Point</b> (meeting at Epperstone Court) : A warm and friendly group. Come for a cuppa and biscuits, a natter and a laugh. Look forward to meeting you.



Thursday 04 April	9.30 – 11.30	<b>Easter Schools Workshop</b> with West Bridgford Junior School
	1.00 – 3.00	<b>Easter Schools Workshop</b> with West Bridgford Junior School
	2.30 pm	<b>Women’s Fellowship : End of term – closing tea.</b>
	2.30 – 4.00 pm	<b>Singing Together : Further details below.</b>
	7.30 pm	<b>Thursday Fellowship (meeting in the Community Hall).</b> This evening we shall be exploring “Palm Sunday” from Luke 19 v. 28 - 40. All welcome to join us for prayer, Bible study and small group discussion. Details from Monica Heard.
Friday 05 April	9.30 – 11.30	<b>Easter Schools Workshop</b> with West Bridgford Junior School
	1.00 – 3.00	<b>Easter Schools Workshop</b> with West Bridgford Junior School
Saturday 06 April	9.30 am - Midday	<b>Community Coffee Morning in the Community Hall.</b> Organised by the Tuesday Group in aid of the Church Annual Project (Scouts, MHA and “All We Can”). There will be a cake stall this morning and it would be appreciated if people would be willing to provide cakes or biscuits.
Sunday 07 April	10.30 am	<b>MORNING WORSHIP conducted by Brian Horler.</b> <b>(part of the Lent series of services)</b> With SUNDAY CLUB offering faith, friendship and fun for children and young people. Flowers donated by Gillian Wright.
	2.45 – 5.00 pm	<b>Faith and Light : Service of Celebration.</b> led by Rev Marian Crawford. We would be delighted if members of the congregation would join us for this very special service as we meet again for the first time in seven months.

**Supporting The Homeless And Hungry In Our Local Area :**

Collection boxes are situated in the church foyer for items to support the work of “Friary Drop In” and “The Meadows Food Bank”.

Your donations will be greatly appreciated.

FRIARY DROP IN - Toiletries, Clothing, Bedding and Small Household Items.

THE MEADOWS FOOD BANK - Non-perishable Food Items and Cleaning Products.

Many Thanks. Audrey Nicholson and Phil Bramall.

**Calling all “Action for Children” home collection box holders :**

Please hand your boxes to John or Carolyn de Boer for counting, so we can bank the money ready for the charity’s year end on 31<sup>st</sup> March 2019. Thank you for your generosity and help.

John & Carolyn deBoer.

**Circuit All We Can Malawi Day :**

A huge thank you to all who were involved in the 'All We Can' Malawi Day, A total of £1066.27 was raised with £429.10 of those donations Gift Aided

That is a great financial result but just as important were all the connections made between people in the Circuit as we talked, shared and worked together and connected with Tim Baker from All We Can and with stories of people in the partnership in Malawi. A great day! Thanks be to God.

Monica, Jane and Audrey

**Church Offertory Envelopes and the "Tea Towel laundering rota" :**

I'm delighted to report that 5 new people have joined the Envelope Scheme recently and it made me think there are others who may be interested. If so, please speak to me--Joyce Lingard--if you don't know me, I'm the (not very tall lady with white hair who sits on the back row near the sound desk!!) or any of the stewards will direct you to me.

I'm also looking for volunteers to go on the 'Tea Towel laundering rota'---could that be you? If so I'd love to hear from you.

Many thanks---Joyce Lingard

**BLUE MISSION BOXES :**

March is the month for the second of the 3 occasions during the church year, when the **BLUE MISSION BOXES** are collected and emptied. Please bring your box and place it under the table at the front of the church on a Sunday and the stewards and I will ensure the contents are counted and banked. There are plenty of empty boxes on the top of the letter trays as you come into church – please help yourself. Our faithful and merry band of Blue Box Collectors would welcome any newcomers to join us to raise a few extra funds for the Church's mission work in the world. Thanks again for all your support and generosity.

Mike

**Christianity Explored : What's the toughest question you've asked or been asked?**

- If there's a God, why does he allow suffering?
- Hasn't science shown that Christianity is wrong?
- Why is the Church so old fashioned about sex and gender?
- Isn't it rather arrogant of Christianity to claim it's the one, true religion?
- Aren't all religions basically the same?
- Being a Christian is boring - I'm a good person, that's enough, isn't it?

Perhaps you've wanted to ask questions like these, or you've been asked them and wondered how to respond ...

This New Year, WBMC are hosting a 'Christianity Explored' course to give you time and a safe space to consider the big questions in life.

Whether you've never been to church, or been going for years, this course is an opportunity to ask questions, to find out more about the person at the heart of the Christian faith.

Further information is available on the Christianity Explored website : [www.christianityexplorered.org](http://www.christianityexplorered.org)

The course, led by Revds Mark Roberts and Andrew Barker, started on Tuesday 15th January, 7.30pm, and continues until Tuesday 19 March at West Bridgford Methodist Church.

**All are welcome.**

**Men's Prayer Group (meeting in Room 4) :**

Anyone who wants to join is welcome and should contact Charles Rayner (for contact details please see the printed version of "At a Glance" available at the church) for further details.

**Singing Together :**

Singing Together, is a friendly group being led by Gill Cubitt. We meet on a Thursday afternoon from 2.30-3.30, followed by refreshments. There's a small charge of £3.00. All welcome - no previous choral experience necessary. For further details, contact Jane Everett or Gill Cubitt (for contact details please see the printed version of "At a Glance" available at the church).

**Ukelele Group :**

The church Uke group continues to meet usually twice a month for details please contact Myke Blackburn.

**Christian Books in Church :**

We have a selection of new books from the Methodist Book Shop on a sale / return basis and they are priced on the back. Please leave a note in the red book provided if you take one and let Myke Blackburn have the money when you see him. There is also usually a separate selection of sale books available for a donation.

**The next edition of "At a Glance" :**

This will cover April (the period Sunday 7<sup>th</sup> April to Sunday 28<sup>th</sup> April). The absolute deadline for submissions is Sunday 31<sup>st</sup> March ALL submissions MUST be by e-mail or in writing (to Brian Horler – can be placed in the appropriate "pigeon hole" at Church).

It would be appreciated if submissions were made by e-mail wherever possible because it makes things much easier (and less prone to errors) than if written submissions are made. Brian Horler (Editor of "At a Glance").

**It must be emphasised if information is NOT received by the deadline it will NOT be included.**

In order to make the most effective use of space in "At a Glance" it is necessary for the number of pages to be multiples of 4 (or to be just 2 pages – very, very unusual). On occasions this results in a blank page at the end, in such circumstances I usually insert some verses from the Bible or a hymn, if YOU have a passage from the Bible or verse from a hymn that you think would be appropriate please let me know and I'll try to use it when needed.

- 1 When I needed a neighbour, were you there, were you there?  
When I needed a neighbour, were you there?

*And the creed and the colour and the name won't matter,  
were you there?*

- 2 I was hungry and thirsty, were you there, were you there?  
I was hungry and thirsty, were you there?

- 3 I was cold, I was naked, were you there, were you there?  
I was cold, I was naked, were you there?

- 4 When I needed a shelter, were you there, were you there?  
When I needed a shelter, were you there?

- 5 When I needed a healer, were you there, were you there?  
When I needed a healer, were you there?

- 6 Wherever you travel I'll be there, I'll be there,  
wherever you travel I'll be there.

*And the creed and the colour and the name won't matter,  
I'll be there.*

Sydney Carter (1915–2004) CCL729

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(Selected as it reminds us of the church's March Project – of raising funds for those less fortunate than ourselves)