### December 2025 & January 2026

# Cheadle Hulme Methodist Church $\mathcal{MAGAZINE}$



#### Our Mission

Living With Christ
Living For Christ
Living to Make Christ Known

**Address**: The Methodist Church,

Ramillies Avenue

Cheadle Hulme SK8 7AL

**Tel:** 0161 485 1605 **E-mail:** chmc145@hotmail.com

Website: www.chmc.org.uk

Circuit website: bramhallwythenshawemethodists.org.uk

Church Office: Closed Monday Tuesday 12:30- 3:30pm Wednesday to Friday 9.00am – 3.30pm

#### **Minister:**

**Reverend Alistair Jones (Day off Friday)** 

07782 376945 alistairjones@live.co.uk

Children & Families Community & Pastoral Worker

Susie Metcalfe Jackie Sims

Fresh Expressions Missioner Church Treasurer

Linda Rayner Maurice Turnpenney

#### **Leadership Team:**

Barbara Clark, Dave James, Charles Nevin, Gill Smith

Articles for the **February/March** issue of the magazine need to be submitted to the magazine editor Gill Smith by **Friday 23**<sup>rd</sup> **January** 

If you include your personal contact details in your article it will be assumed that you are giving consent for these to be included in the paper copy of the magazine which will be in the public domain.

#### Who do you say I am?

Waiting, waiting, waiting......

Not knowing what the future holds.

How long, how far I need to go?

Jesus, you came down to earth for me, To stop the longing, waiting has ceased.

You came to earth to set me free From my iniquities, fears and woes.

You came to give new life to me, To know I'm loved beyond all measure.

To find contentment, despite the trials.

To seek you first in all I do.

Jesus, who do I say you are?

You are my rock to whom I cling.
You are my saviour who rescues me.
You are my peace in the raging sea.
You are my joy in a cruel world.
You are my light to guide my way.
You are my hope when all seems lost.

Jesus, I say in you I trust, My whole life is held within your hands.

To live for you, to worship you, My constant in a changing world.

I say you are: Lord of all, Mighty Saviour, Son of God, Prince of Peace, Wonderful Counsellor, friend to all, Hope beyond measure, King of Kings!

I welcome you Emmanuel!

Love Carre Down

Jackie Sims

## Join us for Worshi



Services will be held in the Sanctuary and will be simultaneously livestreamed on our YouTube channel.

#### Services in December

#### Sunday 7th December Toy and Gift Service

10.30am Morning Worship led by Mrs Ellie Haslam

Community Carol Service 6.30pm

led by Rev'd Alistair Jones and Mrs Linda Rayner

#### Sunday 14<sup>th</sup> December

10.30am Morning Worship with Holy Communion led by Rev'd Charles Nevin



#### Sunday 21st December

10.30am Carol Service led by Rev'd Alistair Jones

#### Wednesday 24th December **Christmas Eve**

4pm Christingle- led by Rev'd Alistair Jones and Jackie Sims



#### **Thursday 25th December**

#### **Christmas Day**

10am Christmas Day worship led by Mr Dave James. Members of the Alliance Church will be sharing the Christmas day service with us

#### Sunday 28th December

10.30am - United Service at Cheadle Hulme led by Mrs Pat James

#### Services in January

#### **Sunday 4th January**

10.30am Morning Worship led by Rev'd Charles Nevin

#### **Sunday 11th January Covenant Service**

10.30am Morning worship withHoly Communion led by Rev'd Alistair Jones



#### Sunday 18th January

10.30am Morning Worship led by Mr David Clowes

#### Sunday 26th January

10.30am Morning Worship – Local Arrangement

6.30pm Evening Worship led by Rev'd Alistair Jones

#### **Home Groups**

Home Groups normally meet on the 1<sup>st</sup> & 3rd week of the month, however please check dates the groups are meeting over the

Christmas and New Year period

Monday 10:30am in Room 2
Contact:Margaret Parker

Monday 8pm

Contact:Gez Butterworth

Friday 2pm in the Coffee Lounge

Contact:Val Pickwell

#### **Flower Visitors**

The Flower Visitor in December is Jenni Hardman and in January will be Jane Kemp





at Wilmslow Methodist Church Kings Close, Water Lane, Wilmslow, SK9 5AR for our

Circuit Advent

Service

Sunday Nov 30th at 10:30 am



The **Methodist** Church





Please join us for our

**Community Carol** 

Service

Sunday Dec 7<sup>th</sup> at 6:30 pm

> Church Community is a,gift

Sing some of your favourite carols, hear again the story of the first Christmas and stay for a cuppa and a chat.



## CAROLS IN THE PARK

Saturday 13 December at 10.30am

Oak Meadow, Station Road Cheadle Hulme SK8 5AE

Followed by mince pies





For Christmas services at all our churches see ctch.org.uk



All are welcome at our

## Third Advent

## Sunday Service

with Holy Communion
Sunday Dec 14th
at 10:30 am



Christmas Eve just wouldn't be the same without our

# Christingle Service

Weds Dec 24th at 4 pm



A family service suitable for all ages from toddler to grandparent



A traditional service with a warm welcome to all

## **Carol Service**

Sunday Dec 21st at 10:30 am



Hear again the wondrous story, sing some favourtie carols and stay for a cuppa and chat



Join us on to celebrate the birth of our Saviour

Christmas Day

Thurs Dec 25th at 10 am

Jesus is the gift





This Advent and Christmas season, the Methodist Church invites you to join 'Gifted'

Gifted is a message of good news to a weary world. You are a gift. Made with love.

Together, all districts, circuits, local churches and fellowships of the Methodist Church are invited to remind people of their inherent worth and beauty – not because of what they've done, or what they can give – but because of who they are.

#### Gifted:

- is for everyone in our churches and beyond: both believers rejoicing at God's gift of Jesus, and those who might find the season more wearying than wonderful.
- reaches out to people longing for transformation but feeling stuck. For those searching for something more, something real – but unsure where to look.

Gifted is the Methodist Church's open invitation, speaking the good news to people that they matter. That they are Beloved. Created with infinite care. A gift to the world, just as they are.

#### Further information and resources at

https://www.methodist.org.uk/for-churches/christmasresources/

#### Toy and Gift Service Sunday December 7th 10:30 am

We are supporting two charities Stockport Without Abuse and Action for Children.

We collect gifts and new toys for families suffering the effects of domestic abuse for the charity

Stockport Without Abuse.

This year they have requested the following gifts: New toys and craft supplies for children aged 3-15 years old. Women's gifts of dressing gowns, slippers, hot water bottles, toiletries and towels or small kitchen items like mugs and tea towels. They would also appreciate Christmas chocolates, sellotape and wrapping paper.



#### **Action for Children**

Childhood is short. We only get a few chances to make magical Christmas memories. However for many children,

Christmas is anything but magical. No stocking, presents or festive food. That's why we need your support.

Each year, we ask people to become a Secret Santa for a vulnerable child by making a charity Christmas donation. Your donation could give the essentials of warm clothes, a hot meal, or a Christmas present for a child who wouldn't otherwise get one. You could help a vulnerable child feel the magic of Christmas.

See how you can help by logging on to Action for Children at

https://www.actionforchildren.org.uk/support-us/secretsanta/donate/

Or alternatively donate by sending a cheque to **Action For Children**,

3 The Boulevard, Ascot Road, Watford, WD18 8AG

## Community Carol Service Sunday 7th December at 6:30pm



We have invited local schools, charities, our fellow believers in the Alliance Church and local councillors – and would love YOU to invite your neighbours too! Bring your friends and family to an evening about real story of Christmas.

We will sing favourite carols and listen to the familiar story, led by our minister Rev Alistair Jones and Mrs Linda Rayner. Our organist and the Singers will support the music.

After the service, please stay to enjoy light refreshments and a chat. Community Carols is a great chance to renew some old acquaintanceships and make some new friends!

#### Christingle Wednesday December 24th 4:00 pm



Please join us for a service in which small children, sticky oranges, ribbons, cocktail sticks and sweets combine to make a beloved symbol of the festive season.

A service for all ages but at which we particularly welcome children and their carer.

## Regular Events at Church

#### **MONDAY**

#### **Take Time Together 8:00pm**

Meets the **second** and **fourth** Monday of the month via Zoom-contact church office for the link *No meeting on 22nd December* 

#### **TUESDAY**

**CAMEO 10:30am – 2:15pm** Contact: Val Pickwell *CAMEO will not meet on 23<sup>rd</sup> or 30<sup>th</sup> December* 

Chelwood Foodbank Collection 11:00 am – 12 noon

In the Church car park. Contact: Linda Rayner

Reflective Worship 7:00 - 7:30pm in Room 2

We will not be meeting on 30th December
Contact: Pat James

MATCH (Men AT Cheadle Hulme) 7:30 – 9:00pm

A meeting for men every 4<sup>th</sup> Tuesday evening on Zoom.

No meeting in December Contact: Ian Porter

#### **WEDNESDAY**

Toddlers 10:30 – 11:45am in term time

No Toddlers on 24<sup>th</sup> & 31<sup>st</sup> December Contact: Susie Metcalfe

ontact: Susie Metcan

#### **THURSDAY**

Baby Chat 9:30 - 10:30 -11:45am in term time

No Baby Chat on 25th December & 1st January

Contact: Susie Metcalfe

#### Network 2pm

4<sup>th</sup> December- Cuppa and a Chat

11th December - Christmas Meeting with the Singers

8<sup>th</sup> January- Cuppa and a Chat

15<sup>th</sup> January - Dorothy Soulsby Letters to Australia

22<sup>nd</sup> January - New Year Lunch

29th Pat James - China

**Contact: Margaret Pattie** 

#### **FRIDAY**

Wobblers 10:30 - 11:45am term time only

No Wobblers on 26th December & 2nd January

Contact: Susie Metcalfe

## Church Family

#### Congratulations

Congratulations to Jenni and Andrew Hardman who celebrated their Golden Wedding Anniversary on October 25<sup>th</sup>.



#### Good Wishes

We send our good wishes to Barbara Tyson who is moving south to Tonbridge to be nearer her family, after living 69 years in Cheadle Hulme and worshipping at Cheadle Hulme Methodist Church. We wish her well in her new home.

#### Bereavements

We were saddened to hear of the death of Trevor Todd on 17<sup>th</sup> September. His funeral, led by Rev'd Alistair Jones, took place on Wednesday 8<sup>th</sup> October. We sent our love to Cath, Richard and Ruth.

Julie Davies died on 17<sup>th</sup> October, and her funeral, led by Rev'd Charles Nevin, was held at church on Tuesday 18<sup>th</sup> November. Our love and prayers to her family.

#### Thank you

The family of Julie Davies would like to thank all at CHMC for their prayers, support and her beautiful funeral. We all felt the love in church and a special thanks to Sue Jacklin for the wonderful display of flowers.

**Sue Caffrey** 

#### In our prayers

Our thoughts and prayers are with those who are going through challenging times and those coping with tests, treatments, illnesses or bereavement.

#### **Tribute to Trevor Todd**

Trevor was born in Wakefield in 1934, followed by his sister Hazel and he attended Wheelwright Grammar School where he won many academic prizes including a French award.

He firstly worked in the treasurer's dept, at Wakefield until his National Service then working for the RAF as records clerk, where he developed a love for flying. Consequently, he had flying lessons in the 1970s but had to stop when the oil crisis occurred making it too dear.

Later Trevor got a bank job in Dewsbury. Shortly after, he and Cath met and subsequently they married in 1960, and enjoyed many trips on Trevor's motorbike visiting friends with Cath riding pillion.

In 1963 their son Richard was born and Ruth (a sister) followed in 1967. In 1968 Cath and Trevor moved to Cheadle Hulme due to his promotion as Admin Manager at the NatWest.

Holidays were at Filey most years with family, rock pooling etc. Trevor loved sports and played with the children most evenings teaching cricket. Both Trevor and Cath joined CHMC and were involved in several activities, Cameo, church choir, rambling club, Treasurer of the National Children's Home, etc.

Trevor gave many talks over time to some of the clubs. He also played the keyboard for Cameo pantomimes etc.

Trevor had many church friends and neighbourhood friends and was well thought of by everyone. He was a loving, caring, real gentleman who endeavoured to help anyone and everyone in need even if it cost him.

It has been my privilege to be Trevor and Cath's pastoral visitor and to get to know such a wonderful example of a truly happy couple and family who for me are the epitome of Christianity. We all will miss you, Trevor. **Elaine Busby** 



# An appreciation of Kieran Metcalfe's contribution to life at CHMC

lan Watson recalls he became good friends with Kieran at high school and invited him to join TROGS, a group for young teenagers run by Rosemary Broekhuizen. They both had happy memories of being in the group and weekends away. Kieran then started coming to evening worship at church and attended the Great Heights youth group.

Kieran, with his talent and love of music, joined the Evening Worship Band formed by Sally Hammond and around this time he met Susie. Later Kieran took over leading the band.

Kieran had many ideas and approached Dave Martin with an idea for an event for young people on a Saturday evening in the church hall, so 'No Compromise' was formed. Kieran with his friends, Huw Nadin, Tim Gulson, Mike Haigh and Paul Howarth had formed a band, Ulterior Motive, who played at these events.

Later, Kieran was part of the Church Praise Band and initiatives in other new at church. silent involved communion. U2charists service (a communion accompanied by U2 songs in lieu of traditional hymns) and Messy Church in Gill Newton's time. With Rick Price and others Taste Worship on a Sunday morning was developed in 2015. Kieran was in charge of the PA equipment, led worship and the music included some of his songs. As a worship leader, Kieran was often involved in preparing evening worship with preachers, choosing music and composing prayers based on the chosen reading.

Did you know Kieran set up our church website and produced many of our leaflets, advertising events like Messy Church and Taste?

Kieran, a freelance graphic and web designer, had joined the 'Song and Hymn Writers Foundation' about 20 years ago as a songwriter and also had some of his music published. He worked for many well-known names in the UK Christian music scene and designed several Spring Harvest songbooks. Many regard 'Greatest Saviour' his greatest song. One of his first commissions was to create new websites for Jubilate and also Resound Music who later offered him a permanent job.

Photography, was for him a passion, a hobby he had only taken up in 2015 and he became a talented photographer especially of nature, the Peak District and other National Parks, winning a number of photography awards. He was always supportive of other photographers and used his talent to create calendars to raise funds for the PSC (Primary Sclerosing Cholangitis, a rare auto-immune disease of the liver) charity in appreciation of the support he had after his own PSC diagnosis. His annual calendars from 2018- 2025 raised more than £10,000. One of his photos is on the front cover of the magazine and others can be seen at Kieran Metcalfe Photography.co.uk. Susie is hoping to produce a 2026 calendar of Kieran's images with proceeds for PSC, please contact her if you are interested

A friend to so many people, as demonstrated by the number of people who attended his Thanksgiving Service, devoted husband to Susie and loving dad to Ben and Toby, Kieran had a calm and gentle presence. He didn't need to speak loudly to be heard, his kindness, humour, and love said it all. Even during the most difficult days, he never stopped thinking of others. A deeply kind, generous, encouraging, thoughtful and patient man who enriched the lives of many. He will be greatly missed by so many people, yet had achieved so much in his life, which was taken too early.

(Thanks for contributions from Ian Watson, Rick Price & Pam Howie)

#### **Jottings from Church Council**



Church Council Meeting held 16<sup>th</sup> October 2025 was attended by 14 members with 6 apologies.

The meeting was chaired by Rev Alistair Jones.

**Resources** Team reported that a new problem had occurred on the sanctuary roof. It was agreed that an emergency repair would be carried out and that Resources Team would consider a possible major repair on the whole roof.

The **Finance** report for period 1<sup>st</sup> Sept 2024 to 31<sup>st</sup> Aug 2025 was shared. It was agreed that use of monies from legacies would be considered by Leadership Team. It was also unanimously agreed that Circuit should consider employment of a person to address youth work across the Circuit.

Reports from Leadership Team, Safeguarding and Fresh Expressions were all shared with the meeting.

Under **Community and Pastoral Care**, a proposal to address youth work within the church was shared. The proposal to establish a Boys Brigade Company within the church was strongly supported. It is hoped that this could be "up and running" by Sept 2026.

Under Churches Together in Cheadle Hulme, the meeting was reminded of the upcoming "Carols in the Park" event.

Reports were shared from Worship Planning Group, Caring Team and Pastoral Team.

The **WNAT** report was shared. It was reported that 55 boxes had been filled as part of "Link to Hope" initiative.

As part of **Circuit**, **District**, **and Connexion** reports, the meeting was reminded that with fewer Ministers now in the Circuit, arrangements to cover services are having to change, with more joint services and with more load on Local Preachers.

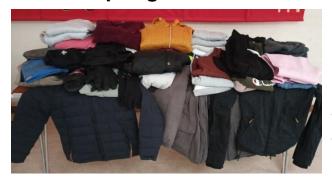
Under **Equality**, **Diversity and Inclusion**, Rev Alistair Jones reported that he is now EDI Officer for the Circuit. He feels that matters on sexuality are not yet fully addressed and more momentum is needed. Training sessions will be arranged within the District.

Next Church Council meeting will be held on **10**<sup>th</sup> **February 2026** 

John Galbraith (CC secretary)

## Thank you

#### Wellspring



Between our Harvest on 5<sup>th</sup> October and Homelessness Sunday 12<sup>th</sup> October, we asked for donations of coats and warm clothing people no longer needed.

The response was amazing and delivered to Wellspring in Stockport. They were delighted and thank the church for our support.



#### Chelwood



The food given at the church Harvest **Festival** taken Chelwood was to During the Foodbank. month September the shelves at the foodbank were bare and it was a worrying time. However our prayers were answered by Harvest collections from a number of churches and schools. Chelwood appreciate the wonderful support the



church gives to the foodbank and organising the weekly collections in the car park each Tuesday. We also collect items in the shopping trolley in the narthex at other times which is regularly emptied and taken to the foodbank.



#### **SHOEBOX APPEAL 2025**



On 15<sup>th</sup> October we filled and wrapped 55 shoeboxes for Link to Hope Christmas charity before they left to begin their long journey to Ukraine, Moldova, Romania and Bulgaria.

Many, many thanks to everyone who filled pots with money to buy items or brought donations to fill the shoeboxes and to the volunteers who helped sort, pack and wrap each box. Special thanks to Lesley and Jacqui for their year-round involvement in collecting and organising.

#### **Christian Aid**

Thank you to everyone who supported swimmers who took part in the Christian Aid Sponsored swim on Sunday 16<sup>th</sup> November.



We had fifteen swimmers from five churches in Cheadle Hulme, and the money sponsored so far is £1610 with one church still to have a bucket collection to support the swim. Thank you to all who sponsored the four families from our church (£627 raised). We will let you know the full amount raised by the swim when we have all the money in.

In 2025, apart from the amount raised by the swim, the Cheadle Hulme Christian Aid group have raised £6,668.07 to support the work of Christian Aid.

Hazel Crummett & Gill Smith

## Stockport Amnesty Group's Annual Right for Rights Campaign



As we begin this year's campaign to write on behalf of those imprisoned or subjected to unfair and cruel treatment because of their beliefs, we hear news of those we campaigned for last year.

We asked you to write on behalf of **Neth Nahara** from Angola who was imprisoned for criticising her government on TikTok. People from all over the world wrote on her behalf and we received the following information.



'On 25 December 2024 the President's office announced that 50 individuals, including Neth Nahara, would receive pardons. She was released from prison on 1<sup>st</sup> January 2025'. `

#### So THANK YOU everyone who wrote!

This year the campaign focusses on eleven individuals or groups chosen because of the treatment they have received over their concerns regarding freedom of expression and protest and their work to protect their environment.

As a group we will meet to write for as many as possible at our December meeting.

However you can also join the campaign from home and we ask you to write on behalf of **Sai Zaw Thaike** from Myanmar.

Photojournalist Sai Zaw Thaike in 2023 was arrested after documenting the aftermath of Mocha. He Cyclone was sentenced by a military tribunal to 20 years hard labour, he has been held in tortured and solitary confinement simply for exposing



the truth. Since the 2021 military coup, the junta has cracked down on dissent – Sai Zaw, who worked for the now banned outlet Myanmar Now, risked his life to continue reporting inside the country'.

## https://www.amnesty.org/en/petition/free-myanmar-photojournalist-sai-zaw/

We would be very grateful if you would support Sai Zaw by writing to him to encourage him and bring him hope.

A suggested message to include to him is

## 'Your photos speak truth to power, Sai Zaw Thaike. I join many voices across the world demanding your freedom.'

You can include your name and address, and mention Amnesty International, but are advised not to send a religious or Christmas message. Write to him

c/o Amnesty International East & Southeast Asia and Pacific Regional Office M,

Thai Tower, All Seasons Place,

87 Wireless Road Lumpini,

Phatumwan Bangkok 10330, Thailand

Stockport Group will also write to the governments involved in each of these eleven situations.

Many thanks for reading this - please do get in touch with either of us if you have further questions.

#### **Wendy Turner and Duncan Booth**



#### Patricia Routledge

One month before turning 95, Patricia Routledge wrote this, she died on 3<sup>rd</sup> October this year aged 96.

"I'll be turning 95 this coming Monday. When I was younger, I often worried I wasn't good enough—that I'd never be cast again, that I'd disappoint my mother. But these days begin in peace and end in gratitude."

In my forties, my life finally began to make sense. Before that, I'd performed steadily—provincial stages, radio plays, West End productions—but felt somewhat lost. I was searching for something within myself, a home I hadn't yet found.

At 50, I took a television role that many of you would later know me by—Hyacinth Bucket from Keeping Up Appearances. I thought it would just be a minor role, a brief moment. I never expected it to become beloved across the globe. That character taught me to embrace my quirks and quietly healed something deep within me.

At 60, I started learning Italian—not for my career, but simply so I could sing opera in its native tongue. I learned the gentle art of living alone without loneliness, reading poetry aloud each night—not to perfect diction, but to soothe my spirit.

At 70, I returned to Shakespearean theatre, a place I once thought I'd aged out of. This time, there was nothing to prove. I stepped onto those legendary boards with calmness. The audience felt that serenity. I had stopped performing; I was simply being.

At 80, I discovered watercolour painting. I painted flowers from my garden, nostalgic hats from my youth, and faces glimpsed on the London Underground—each painting was a silent memory made tangible.

Now, at 95, I write letters by hand. I'm learning the simple joy of baking rye bread. I still breathe deeply each morning. Laughter remains precious, though I no longer feel the need to make others laugh. Quietness is sweeter than ever.

I'm writing this today to share something simple and true: Growing older isn't a final act—it can be life's most exquisite chapter if you allow yourself to bloom once more. Let the years ahead be your treasure years. You don't have to be perfect, famous, or adored. You only need to be present—fully—for the life that's yours.

With warmth and gentle love,

— Patricia Routledge

#### **Eco-tips for December**



In December, nothing should stop us preparing to celebrate the birth of our Saviour – but we can think about the buildup of cultural traditions and expectations around the festival.

- a. Can you choose ethical or sustainable gifts for family or friends?
- b. Can you choose locally made gifts to avoid the carbon costs of transport?
- c. Could your gift choices support a charity of your choice? The recipient may be pleased to know that a charity has also benefitted from your generosity.
- d. The best gift may be an invitation to join you for a meal or just for a chat ..........

Need new decorations – you could visit local charity shops to recycle items unwanted by others. LED Christmas lights use less electrical energy to produce decorative light but go easy on multiple strings!

#### **Eco- tips for January**

Matthew 6:28-30

"And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. Yet I tell you that not even Solomon in all his splendour, was dressed like one of these. If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you—you of little faith?"

I hope you had a great Christmas – and perhaps it included some new clothes! Or are you planning a trip to the Sales? Some thought about clothes:



- 1. All clothing and shoes have an environmental impact. Buy less, but longer-lasting products if you are buying new. A pair of shoes has an average carbon footprint of 11.5kg CO2e, and a pair of trousers 3kg CO2e.
- 2. Buy clothing that is easy to wash and dry. About half of the environmental impact of a garment's life is the energy needed to wash it.
- 3. Extend the life of your clothing and shoes by looking after them and mending. Wear them, use them, until they fall apart, then donate or recycle rather than binning.

#### And a challenge:

Could you last a whole year on your existing clothes (including the Christmas gifts and sales purchases!) or only replenishing with recycled clothes from charity shops or family and friends?

(I think this should exclude underwear but include shoes and boots).

The high environmental cost of Britain's fast fashion clothing habits can be discovered here:

How fast fashion fuels climate change, pollution and violence - Greenpeace UK

(If you are reading a paper copy of the magazine, you can type these words into a browser like Google and it should come up with the link)

This report is two years old but its main features remain accurate.

#### Prayer:

O Lord, Your love for us was revealed in Jesus, whose earthly life began in the poverty of a stable and ended in the pain of the cross. In the winter, we especially pray for those who are homeless. We thank you for those who work to provide shelter and food in this season and ask you to bless them. Amen.

#### **Pam Howie**

# Please remember to save your stamps, especially at this time of year from your Christmas Post!

Do keep collecting all your used stamps for the **Bone Cancer Research Trust.** 



Each kg of stamps helps fund 1hour of life saving research.

Recently we sent off 2kg of stamps