

Helping hand from DoH

Phillie Lobese



Members of the DoH making and installing a lockable notice board inside the hall and putting up an outside notice board at St Timothy's.

St Timothy's in Motherwell, is a health promoting church in partnership with the Department of Health. When the Rector, Phillie Lobese, asked the Department to assist with making, and installing, a lockable notice board they agreed and delivered. They also provided a notice board for the outside of the building.

Staying healthy by exercising

Veronica Kelle



Mothers' Union held a health awareness day at St Timothy's on 18 March and had their members limbering up.

Blessed by silence

Phillie Lobese



Mothers' Union of St Cyprian's in KwaZakhele had a fruitful and blessed silent retreat. The retreat was well attended and the theme was the significance and the benefits of silence in our spiritual journey.

HTC mens breakfast



Some of the men of Holy Trinity in Central enjoyed fellowship over breakfast at the parish house on Saturday 11 March.



Be with me, O God,
at the breaking of bread,
And be with me, O God,
When I have fed.

Enjoyable combined parishes Evensong



Jenny Yates, Wayne Hughes and Team Rector, Sharon Nell, enjoy eats after the combined St Saviour's, St Cuthbert's and Cathedral Evensong held at St Saviour's on 26 March.

St Hugh's unveil Suggit plaque

Jill Bromley



On Sunday 10 March, a plaque was unveiled at Suggit House at St Hugh's. Pictured at the unveiling are retired Priest, Howard Lancaster, Unette Jacobs and Keith Burns with the Rector, Andrea Potgieter (second from the right).

All welcome

ST SAVIOUR'S CHURCH, WALMER
MUSIC TRIVIA EVENING

WHERE: ST SAVIOUR'S CHURCH HALL,
10-12 NEW BRIDGE, WALMER
WHEN: FRIDAY, 16 MAY 2013
TIME: 7.30PM FOR 7.45PM
TICKETS: SEE THE PROGRAM FOR THE EVENING



TICKETS AVAILABLE FROM:

ST SAVIOUR'S OFFICE, 01404 3801

BY THE PROGRAM DESK 10.00-10.30PM

SANDS OF DUNDEE

BRING YOUR OWN GLASS AND DRINKS

LISTS OF PRICES TO BE VIEWED

LEAVE'S BEHIND

Please bring a donation of tinned/dry goods to re-stock the empty shelves. More and more people are losing their jobs and are unable to find work - they need our help! The King will reply, 'Truly I tell you, whatever you did for one of the least of these brothers and sisters of mine, you did for me.' Mt 25:40

NEVER MAKE FUN OF
SOMEONE WHO SPEAKS
BROKEN ENGLISH.
IT MEANS THEY KNOW
ANOTHER LANGUAGE

We are a country of 11 official languages, and a couple of unofficial ones, so this is just a reminder for ALL our languages! Many of our brothers and sisters speak at least three of the official languages.