



Poem about Holy Week

On streets lined with palms and cheers,
A humble ride, masking fears,
Echoes of "Hosanna" fill the air,
A King's journey, burdened with care.

In each leaf, a story untold,
Of a prophecy from days of old
The path to suffering now begins
Amongst the crowd's fleeting grins.

A ride through time, a changing fate
Marking the start of a week so great,
In every step, a silent plea,
A journey towards Gethsemane.

By Maya Anthony

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Forth St Paul's – What's been happening?

Week commencing 9th February – Pancake making with Forth Primary School

Karen visited Forth Primary to make pancakes with all the classes, and the children were full of stories about it when they later came down to the hall for the Easter Code. Lily, a Primary 6 pupil, shared that she always enjoys it when Karen comes to school to make pancakes – and she added that she'll miss taking part once she moves on to high school.

17th February – Pancake night

We were delighted to have such a fantastic turnout for this year's Pancake Night. Our hardworking pancake makers were kept busy from start to finish, serving up more than 800 pancakes.

Thanks to everyone's generosity and enthusiasm, a wonderful total of £327.50 was raised for church funds.

Thank you to all who contributed: the organisers, the donators, the pancake makers, and everyone who bought tickets and came along to support the event. Your involvement made the night a great success.



15th March – Mothering Sunday service

Thank you to Christine for leading the service and the children of Jigsaw for assisting. We give thanks for all the mums, grandmothers, mother figures and every woman who nurtures, encourages and blesses the lives of others. We also hold close in prayer those for whom Mother's Day is difficult – those who have lost mothers, those who long to be mothers, those who have experienced loss and those carrying unspoken hurt. The congregation were all given a chocolate from the children as they left Church.

Monday 9th March to Monday 23rd March – Easter Code with Forth Primary School and Nursery

Over the past two weeks we were delighted to welcome the children from Forth Primary School and Nursery to the hall to take part in this year's Easter Code. Their enthusiasm, thoughtful answers, and eagerness to join in made the experience a joy for everyone involved.

A heartfelt thank-you to all who helped make these sessions possible:

- Karen, whose tireless preparation and engaging delivery bring the Easter story to life in such a fun and meaningful way for the children.
- Everyone who helped with the set-up, especially teenagers Carson, Broc and Shay, who were in the Rainforest Youth Café at lunchtime and kindly offered their help with building the gazebo and supporting the preparations.
- Our wonderful volunteers, who came along on the day to assist with storytelling, crafts, and guiding the children through each activity.
- The pancake makers, whose delicious efforts added an extra treat to the experience.
- The staff and pupils of Forth Primary, for joining us once again and encouraging us to continue this tradition year after year.

We are grateful for every pair of hands and every willing heart that contributed. It is a blessing to share the Easter story with our young people in such a lively and meaningful way.



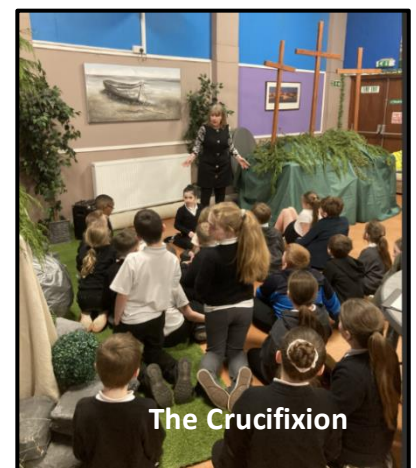
The Easter Code 2026



'Karen makes learning fun'. *Alex P6*

'Thank you Karen for giving us the opportunity to learn about the bible'. *Harold P7*

'I love the marshmallows so much' *Poppy P2*



'My favourite thing is the Garden of Gethsemane. I like relaxing. I think about others. I'm glad Karen puts this on for us'. *Meta P7*

I like when we get to drink blackcurrant juice and eat bread and act out the last supper. I've been James three times'. *Anna P7*

'I am thankful Karen does all this for us as some schools don't get this'. *Leah P7*



'Thank you for letting us make cards for our family and using our creativity'. Corrie P4

'I like finding the coins in Church and dancing to the songs'. Thomas P3



Crafts



'I like eating pancakes. I like the syrup'. Ayla P1/2

'I like praying to God in the garden'. Lochlan P5

'Finding names in Church. I found 12. John was hard to find' Callum P4



The children were asked if they wanted to ask God anything –

"Why did God make dangerous animals?" Hugo P3

"I hope the ocean can be clean forever". Stevy P3

"How did you create the world?". Lily P6



Pancake time

Monday 23rd March – Adult Easter Code

The Easter Code for adults is a mixture of readings and music. It is a time for being still and reflecting on the events of Holy Week. We had 17 people attend with a few who commented how moving and meaningful the music was. Tea, coffee and cakes were served afterwards where people could have a chat together.

Saturday 28th March – Guild Easter Fayre

The Easter Fayre was a great success, a truly joyous, happy morning. £1888.20 was raised and the Guild added to it so that £2000 was given to the church. But equally as important as the money raised was the friendship and fellowship shown to all. Everyone enjoyed their plate of cakes, the bargains at the sales table and the fun of the tombola. A very happy morning.



Sunday 29th March - Palm Sunday

The JIGSAW children waved their palm branches and we joined together in singing “*We Have a King Who Rides a Donkey.*” Our celebration of Jesus’ triumphant entry into Jerusalem was full of praise and hope, yet the service also gently led us toward the solemn journey to the cross.

Jingle Jars

Thank you to everyone who gathered their loose change throughout March for our annual Jingle Jars fundraiser. Together, we raised an impressive £298.82.

Wednesday 1st April – Easter Movie Night

Our Easter film this year was *The Case for Christ*, which explores the evidence for Jesus’ resurrection. We were delighted to welcome 30 people from across all three churches. Alongside the film, everyone enjoyed popcorn, tea, coffee, and a few tasty treats, making it a lovely evening of fellowship.

Friday 3rd April – Good Friday Service

Around 30 people gathered for a very thoughtful and uplifting Good Friday service, sensitively led by Robert Allan, who guided us through *The Seven Last Words* of Jesus with excellent preaching and short reflections. Laura-Jane read the seven passages beautifully, each followed by the extinguishing of a candle from the communion table, creating a powerful sense of Jesus’ final journey and the depth of his suffering for us. The well-known hymns and reflective music played by Audrey added to the solemn atmosphere, helping us to consider how deeply we are loved as God gave his only Son, who suffered and died for our sins so that we might have everlasting life.

Sunday 5th April – Easter Sunday

Easter Sunday arrived with the most unexpected weather, bringing continual showers of snow. Despite the wintry backdrop, nothing dampened the joy of celebrating the risen Christ.

Inside the church, the atmosphere was uplifting. The sanctuary was beautifully decorated with flowers, eggs, Easter chicks and bunnies, with the central focus on the three crosses and the Easter tomb garden. A heartfelt thank-you to Anne and Jim for creating such a meaningful display. Outside, the celebration continued with the flower cross—thank you to Rena for organising this once again. A wonderful new addition this year was the scenic Holy Week tableau and empty tomb.

The service itself was a true celebration of the resurrection, led by Christine Fraser with the enthusiastic help of the JIGSAW children and leaders. The children shared stories of Jesus' miracles and reminded us of the wonder and astonishment of the empty tomb—proclaiming that Jesus is alive and offering us the hope of eternal life. They also enjoyed an Easter egg hunt and shared the eggs with the congregation.

Christine spoke about the many ways we celebrate and the trends that come and go, before showing a wristband marked W.W.J.D.—What Would Jesus Do?—encouraging us to reflect on how we live each day in light of Jesus' love and sacrifice.

At the end of the service, the children returned to distribute the W.W.J.D. bracelets to everyone, a small reminder to carry into our daily lives.

Although, it was snowing at the end of the service, everyone left to continue celebrating the joy of Easter.



Catching up with Jim and Laura-Jane Sinclair

Questions for Jim.

You seem to have had three different periods in your life - The Merchant Navy, family life, taxi driver, what have been the highs and lows?

The highs in my life during my time in the Merchant Navy would have to be my promotions, as some, I believe, were before their time. Therefore, there must have been some higher power at work at these times. I also got to witness the majesty of God's work while at sea.

The highs in my family life are my marriage and the births of both my daughters, these have been a total credit to me. The lowest point in my family life was the premature loss of my wife of 25 years, she was my world.

I experienced a great fulfilment for over 20 years while transporting the children with additional needs to and from school, however, as I was nearing retirement and solely taxiing I began to lose this enjoyment.

How has your faith helped you?

My faith has helped me tremendously through the years, knowing God's presence in my life since I was 13 years old. I know there is no problem unsurmountable.

You enjoy singing, what are some of your favourite hymns and what kind of music do you listen to at home?

- o Will Your Anchor Hold
- o How Great Thou Art
- o Great Is Thy Faithfulness
- o When Peace Like A River

I could go on forever listing my favourite hymns, but these are the ones I feel I have experienced in person through the different periods in my life. I listen to a wide variety of music, but country western music holds a special place for me.

You live in Carluke, but worship in Forth, what do you like about our church?

The welcoming atmosphere in Forth and the family feel about the church.

In a very changing world, what do you think is the future of the church?

I believe the church has a good future, but only when it is lead locally. It does not need any more centralisation.

Is there anything on your bucket list you would like to do?

Go on a cruise and experience the sea as a passenger rather than a worker.



What gives you joy?

My faith and my family



*Jim in our
Nativity Plays-
2008 and 2025*



Questions for Laura-Jane

You are now working at Beechgrove Care home what are the highs and lows of working there.? What gives you joy?

I love working as a nurse, I feel it is where part of my calling is in life. Having worked in both hospital and care home, I feel that the care home is the best place for me as I can share in the joy of my residents continuing to live their lives to the fullest, while supporting them as their time on earth draws to a close.

You write a lot of poems and draw a lot of pictures about your faith, does this strengthen you with your faith?

My mum and dad always allowed me to make my own choices in regards to my faith, and I feel that this freedom in my faith helps me with my creativity.

There are fewer and fewer people your age in church, why do you think this is?

Unfortunately, small village life for people my age, was not as fulfilling to others like it was to me. And I was fortunate that, at the age where many were falling away from the church, Forth were fortunate to call a young minister who opened up the national church to me through National Youth Assembly and then General Assembly, where I have met many people my age still inspired by the Holy Spirit. Therefore, in my opinion, it's small village life that has resulted in a reduction in people my age, as many move out of the villages they grew up in to go to work in larger towns and cities where I have seen churches bloom and grow.



What do you think we can do to get more young people in the church?

I feel that the church should be more inclusive, with the diverse backgrounds of the people who make up our parish 'traditional church' may not be as appealing to them as it may once have been to others. We should reach out to the wider parish and find out what the young people are looking for. Breakfast Club and then Youth Fellowship was a great time in my journey through faith. And there is a whole world of digital ministry that we could embrace alongside the traditional ministry.

What is your ideal night out?

Anything that involves music. I love attending concerts and this stems from my childhood. I'm not sure who will remember this, but my first music concert was actually in Forth St Paul's, when The Alexander Brothers put on a show, and my gran took me and my cousin.



How about leisure, what do you do read? what music do you listen to? What you do you watch on tv?

I'm a boring nurse who, in her spare time, watches medical dramas as these were inspiration for my chosen career. My particular favourites are Casualty and ER. As for books, I've always been an avid reader. I love romance and historical fiction, I'm currently reading the Outlander series by Diana Gabaldon, and I've read all the books so far in the All Souls series by Deborah Harkness, and I've been fortunate enough to actually meet Deborah herself at the launch of her most recent book.

Forth Church Youth Club – Memories That Still Make Us Smile

When at the Café one Sunday afternoon, David Brown let us see the original Forth Church Youth Club syllabuses from 1973–1974 and 1974–1975. As they were passed around, they sparked a flood of memories and it was great to see and remember the names of folk who helped and attended.

The People Who Made It Happen

The Youth Club thrived thanks to a dedicated team of leaders: Dan Daly, Charlie Thomson, Ramsay Ray, Billy Gardiner, Andrew Henderson, Catherine Smith, Helen Kane, and Janis Watson.

Supporting them on the committee were Elizabeth Goldie, Johnston Orr, Linda Walker, Alex McKenzie, Ann Smith, and Colin Smith.

Their commitment created a space where young people felt welcome, valued, and encouraged to grow in faith and friendship.

Rules, Routines, and the Simplicity of the Times

Looking back, some details are wonderfully quaint. Membership cost just 5p, and each night there was a small collection — 2p for members, 5p for non-members. A bargain by any standard.

Some rules remind us how much the world has changed:

- No one under 16 was allowed to smoke in the hall — which, of course, meant those over 16 *could*.
- No running in and out of the hall and no alcohol — some things never change.
- And the height of technology? A record player. No Wi-Fi battles, no adverts interrupting the music, just the warm crackle of vinyl filling the hall.

The programme itself was a brilliant mix of fun, learning, and faith. Week after week, leaders planned evenings that brought the group together and helped shape lifelong friendships.

Trips, Treats, and Tired Legs

One of the highlights of the year was the trip to Murrayfield Ice Rink. Chip-shop orders were taken on the bus on route and dropped off at a chip shop near Corstorphine. A couple of hours were spent on the ice mostly round the edge holding on to the wall. Then it was on the bus to come home, stopping off to collect the chip shop orders brought onto the bus in cardboard boxes - though with all the excitement, most people had forgotten what they'd ordered by the time the boxes were handed out.

Ramsay's Famous Discos

Special occasions — Valentine's Day, Halloween, Christmas — meant only one thing: Ramsay's disco. The soundtrack of the Youth Club reads like a who's-who of 70s music: T-Rex, Status Quo, Rod Stewart, The Moody Blues, Roxy Music, The Beatles, The Beach Boys, and more.

Sunday Night Guests

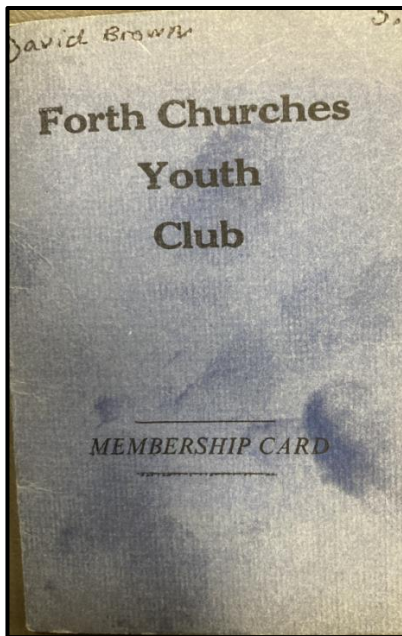
Sunday evenings brought a different kind of excitement, with a line-up of visitors who shared their stories and experiences:

- Bobby Watson, Motherwell FC
- Sergeant Wilson, Forth Police
- Dr Robert Crawford, Blood Bank
- Bill Carson, STV broadcaster
- Councillor Hugh Brannan
- Mr Oswald, Carstairs State Hospital
- Alcoholics Anonymous representatives

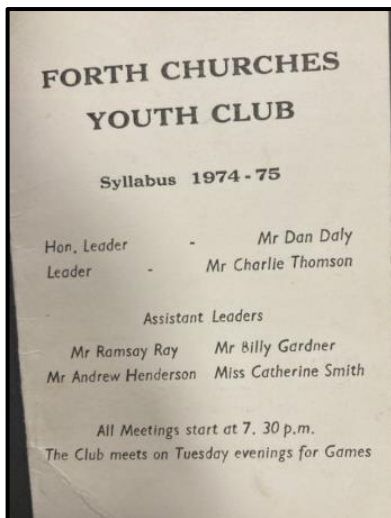
It was a rich and varied programme with a good selection of very interesting and informative guests.

Music From the Three G's

Entertainment on occasional Sunday nights came from the Three G's - Mark Goldie, Jim Gardiner, and their guitars, with assistant leader Janis Watson often joining in. Their most-requested number? The unforgettable "Sam the Skull." Those musical nights brought the hall to life and gave everyone a chance to join in.



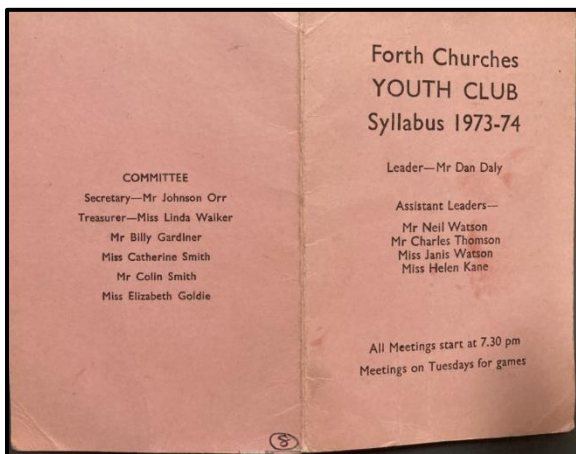
1974	1975
OCTOBER	JANUARY
6th Enrolling Night	12th Alcoholics Anonymous
13th Bobbie Watson Motherwell F.C.	19th Mr & Mrs J. Coleman Films & Filming
20th Det. Sgt. Moffat Drugs and their misuse	26th The Army
27th The Senior Service	
NOVEMBER	FEBRUARY
3rd Sgt. Wilson	2nd Dr. A. McKenzie Hypnosis - Hope, Help or Hoax
10th Dr. Robert Crawford The Blood Bank	9th What's on at Carnwath
17th Police Training & Recruitment	16th Duncan Blair The Overseer of Forth
24th The Three G's (wot no W?)	23rd Crime Prevention is better than Cure
DECEMBER	MARCH
1st Dr. W. Gibson To Search or Re-Search	2nd The Three G's
8th Richard Paterson Down to the Sea? in Ships?	9th Mr Ian Forsyth A Help in Time of Need
15th Mr George Walker If Music be	16th Mr Bill Carson S.T.V. Things ain't always what they Appear
22nd Carols in the Wintry Night	23rd A Matter of Opinion
23rd	30th A.G.M & Parent's Night



RULES

- Youth Club will open:-
TUESDAY evenings 7.30 p.m. — 9.30 p.m.
SUNDAY ,, 7.30 p.m.
- Members will be asked to pay 2p collection each night and non-members 5p.
- No person under the age of 16 will be allowed to smoke in the hall.
- Any person wearing team colours on entering the hall will be asked to REMOVE them, and if they refuse to do so they will be asked to leave the hall.
- Members will refrain from running in and out of the hall.
- No person other than a member of the Committee may operate the Record-Player.
- Members must show their Membership Cards at Disco's. Any person in possession of someone else's card will be turned away at the door.
- Members will NOT ENTER Ante-Room unless asked to do so by a member of the Committee.
- Committee Meetings will be held on Sunday Evenings before Youth Club commences.
- No Alcohol allowed on the premises.

Charlie Thomson
Catherine Smith



1973	1974
September	January
9th Enrolment and Planning	6th No Meeting
16th Questions of Faith	13th Rev. D. Harbison Life in the Northern Isles
23rd Mr T. Oswald Carstairs Hospital	20th Questions of Faith
30th Watchmaking	27th Film Night
October	February
7th Rev. E.R.D. Smart Churches here and there	3rd Rev. J. M. Grady
14th Rev. R.I. Johnstone Youth Clubs	10th Mr Millar Stoddart
21st Questions of Faith	17th Questions of Faith
28th Goldie Gardiner and Guitars	24th Reports
November	March
4th Dr George Masterton	3rd Alex Mackie Wilsontown as it was
11th Mr P. McMahon Local History	10th Mr W. McCracken Youth Service
18th Question Night	17th Question Night
25th Miss Jane Blackburn and Mr Wm. Angus Conversation Piece	24th Gardiner Goldie and Guitars
December	31st A. G. M.
2nd Councillor Hugh Brannan	
9th Reports	
16th Panel of Experts?	
23rd Carol Singing	
30th No Meeting	

Spring into the Garden

Thank You to Gillian from the Polytunnel for this article and photos

Spring has sprung and Summer will be here in no time, so it's time to get out into the garden. Start by preparing the ground for planting out. Turn the soil over after the winter and add some manure to feed the soil.

April: Sowing Begins

April is the month to sow most of this year's crops and flower seeds indoors somewhere warm. Marigolds are a good one to sow as they make a great companion plant. Sow tomatoes, peppers, cucumbers, squash, pumpkins and marrows and also brassicas (cauliflowers, cabbages, brussel sprouts). These can be sown in 3 inch pots. Remember when sowing brassicas don't sow all at the one time, sow every fortnight then you are not left with veg you can't eat. You can put your onion sets in the garden and plant your potatoes outside from the 20th onwards.

May: Moving Outdoors

May is the month to start sowing outside. Beetroot, turnips, carrots and leeks can all be sown. You can also still sow brassica, and from the 16th of this month start sowing your peas. All varieties of beans can be sown this month, if the soil is warm enough. You can also put the flowers and everything you have sown indoors out this month, but remember to harden off your plants first and watch out for frost! May is also a great month to start your hanging baskets, especially if you have somewhere warm to leave them for a couple of weeks to get them looking their best before putting them out. Lettuce could also be started inside.

June: Growing On

June is the month to weed, and lettuce can be sown outside. Radishes are a great quick crop to sow now and they can fill in gaps. Feed your plants once a week and keep well watered depending on the weather. Then all that's left to do is sit back and watch it grow!

Handy Tips

Handy tips: Use companion planting to help deter pests, plant marigolds with your tomatoes, garlic and onions with carrots, and nasturtium with brassicas.

To protect cabbages and cauliflowers use orange peel, eggshells, and beer traps, cardboard, cat litter or coffee grounds for catching and deterring slugs and snails.



Thank you to the Masonic Lodge

We would like to express our sincere thanks to Neil and Allan, who kindly presented a £100 donation on behalf of Forth Masonic – Wilsontown Ironworks St John Lodge 236. This generous gift will support the youth work at Forth St Paul's. The Lodge has been wonderfully supportive over the years, and we are truly grateful for their continued kindness. Neil and Allan visited the café to hand over the donation and are pictured here with our café volunteers.

Do you have anything for our next newsletter?
Why not send it into us for the April-June edition.

Guild

The experimental afternoon Guild meetings, held in January and February, worked very well and it has been decided that all Guild meetings next session would be held in the afternoon from 1.30 - 3.00. The Guild members hope this will suit more folk and they are looking forward to welcoming old and new members in September. There will be a meeting in July, which will be open to all members, to draw up the syllabus for next session.

A particular success was the afternoon tea with others Guilds in the area attending.



Some of our other groups have been enjoying their Easter activities



JIGSAW's
Easter garden
biscuits and our
Lego Easter scene



Mainly
Music



Café News

The Rainforest Café is open on a Sunday from 12noon (last orders 1.15pm) and every Wednesday from 10am till 3pm (last orders are taken at 2.15pm).

The café is open to everyone to sit in or takeaway lunches/snacks.



Help to “Do it Online”

A big thank-you to the team from Forth Community Resource Centre, who joined us at the Rainforest Café on 4th March from 10am–12 noon to offer support to anyone needing a bit of IT help.

They’ll be returning soon, so keep an eye out for posters in the café and updates on Facebook for the next date.

This free service is open to everyone, and you can get help with things like:

- Completing online forms
- Applying for a Blue Badge
- Connecting with loved ones online
- Using your phone, tablet or laptop
- Creating a CV or applying for Universal Credit
- Shopping, banking and comparing prices online — and much more

It’s friendly, patient and non-judgemental support for our whole community.

Celebrating Special Moments at the Café

We love marking birthdays at the café, and this month brought us a couple of lovely celebrations.

May Gibson was treated to a surprise birthday lunch organised by her friend Gail, complete with cake, banners and plenty of treats.

We also wished Andy a very happy birthday. He kindly brought in a delicious cake to share, which everyone enjoyed together.



Thank You David

Thank you to David Brown for making our new receipts clipboard and fitting the splashbacks in the kitchen.



Customer feedback and compliments

We love hearing what you think, and we’re grateful for every one of our customers — the familiar faces and the new ones. Thank you all for your support.

A couple of recent Facebook comments really made us smile:

- “We had a lovely visit to the café. Everyone thoroughly enjoyed it. It was great — and so cheap! What a fantastic community café.” This came from a group of runners from Jog Scotland who popped in after their outing.
- A local councillor for Clydesdale also spent some time in Forth chatting to residents. She then visited us at the café and shared this lovely message: “What topped it off though was the excellent café run out of St Paul’s Church on the Main Street! Absolutely jumping and did great home baking and a cuppa for a brilliant price!. So friendly as well. Places like Forth have community at the heart of them and it is so refreshing to see!”

Dates for Diaries

Monday 13th to Friday 17th April 10am to 1pm – Church Shop in large hall.

Sunday 10th to Saturday 16th May – Christian Aid week.

We are organising another sponsored 70k in May event. Watch out for our sponsor sheets in church. You can sign up to do the challenge yourself throughout May (its 2.3k per day) but if you aren't able, you can sponsor those who are able. We're also thinking of organising a Curry Night and a Bake Sale so you can look forward to these.

Wednesday 3rd June – The New Union with Carnwath and Carstairs parishes will take effect from 1st June with a Service of Union taking place on 3rd June t 7pm in Forth Church with refreshments served afterwards in the hall.

Please keep an eye on our Facebook page and website for more information on upcoming events.

Church services

We would love you to join us in person on a Sunday morning at 11am but if this isn't possible our services are streamed live via our website www.forthstpauls.com or via YouTube (a link for this can be found on the website).

Church Groups (open to everyone)

- ❖ **KNACC (Knit, Natter, Craft & Chatter)** meet on a Monday from 10am-12noon.
- ❖ **Guild** meet every second Monday from 1.30-3pm.
- ❖ **Mainly Music (pre-school parent & toddlers)** meet on a Tuesday from 9.30 -11am.
- ❖ **Planet Earth Afternoon Club** for P3-P7 meet on a Tuesday from 3-4.30pm.
- ❖ **Youth Rainforest Café** for high school pupils meet on a Friday from 1pm onwards.
- ❖ **Jigsaw** meet on a Sunday at 10.50am.
- ❖ **Crèche** – A creche will be provided, in the small hall, during the service for parents to attend Church.

Co-op Community Grant – Please support Forth St Paul's Parish Church if you are a Co-op member.

Gift Aid – If you give regularly to the Church and are a Tax payer, please consider signing up for Gift Aid. This will not cost you anything and will allow the Church to claim back 25% of any amount you give. Also, if you have previously signed up for Gift Aid and are no longer a Tax payer then please let us know so that we do not make a false claim. If you are unsure or would like any further information then please speak to either Catherine McGurk or Jane Savage and they will be able to help you.

Old Spectacles - If anyone has any old spectacles they no longer use and are happy to donate them to a charity in Ukraine, please bring them along to Church or the Cafe and Audrey will coordinate.

Used stamps – Please leave in the box at the back of the Church to support the work of the Al Ahli Hospital in Northern Gaza.

DEC Appeal – Thank you to all who donated to the Disaster and Emergency Committee Middle East Humanitarian Appeal in March.

The Charity for Ukraine – Is in desperate need of candles, remains of used candles together with tins, washed with labels removed. The items are used to create trench candles for heat, light and to heat meals. Due to the Middle East situation, power services in Ukraine are being reduced, hence the urgency for this request. All donations will be gratefully received.

Volunteers:

All the following wee jobs need covered if you'd be interested please get in touch. Remember you'd be on a rota not covering all the time.

- Church Door Duty
- Readers in church
- Sound desk/ Powerpoint preparation
- Flowers in church and flower delivery
- Anyone willing to write and read the 'Prayer for Others' during weekly worship
- People willing to help with our Property Group to maintain our buildings

Prayer Box

A prayer box is at the back of the Church for anyone who would appreciate prayer for themselves, a friend, a family member or a situation.

Please pop a note in the box and the prayer group will offer a prayer.

We would like to encourage more people to use this box

When your heart starts to worry,
and your mind just can't rest,
put your prayers down on paper
and let God do the rest

All requests are confidential.

Some humour to finish off our newsletter.

Q: Why didn't Noah go fishing?

A: He only had two worms

Q: What did Adam say on the day before Christmas?

A: "It's Christmas, Eve!"

Q: How does Moses make his coffee?

A: Hebrews it.

Our newsletters are all
on our website:

www.forthstpauls.com