



# Heartbeat

Saint Augustine's Weekly Parish Magazine

Issue 30: Sunday 2 April 2023

## Palm Sunday

'Blessings on him who comes in the name of the Lord!'

Dear Parishioners,

As you know Palm Sunday marks the beginning of Holy Week and the start of an intense period of prayer and spiritual preparation for Easter. I invite you to support all the additional Masses and services which the parish offers this coming week. You will notice from the information below that extra confessions are offered this week with visiting priests coming on **Tuesday night from 7.00 -8.30pm**. This will be the last opportunity for confession before Easter. Once again, I renew my invitation to encounter the gentle

forgiveness of Jesus in this sacrament. Finally, I encourage you to make every effort to attend all three services of the Solemn Easter Triduum. These take place on Holy Thursday, Good Friday, and Holy Saturday. They allow us to appreciate more fully the Lord's journey through suffering and death to the glory of Easter Resurrection. I invite you to accompany Him each stage of that journey through these three solemn liturgies. I attach the details of these services below.

God Bless, Fr Kane

## Easter Triduum 2023



### HOLY THURSDAY, 6 APRIL

7.00pm: Mass of the Lord's Supper  
9.30pm: Night Prayer

### GOOD FRIDAY, 7 APRIL

3.00pm: Solemn Passion Service or  
7.00pm: Stations Passion Play with children and Veneration of the Holy Cross



### HOLY SATURDAY, 8 APRIL

8.00pm: Solemn Easter Vigil  
*-MOST IMPORTANT MASS OF THE YEAR*

### EASTER SUNDAY, 9 APRIL

\*10.00am & 12noon: Holy Mass  
\*with kids Alleluia Procession at 10.00am





So they took branches of palm trees and went out to meet him, crying, "Hosanna! Blessed is he who comes in the name of the Lord, even the King of Israel!" And Jesus found a young ass and sat upon it; as it is written, "Fear not, daughter of Zion; behold, your king is coming, sitting on an ass's colt (Jn 12:13-15)!"

Today is Palm Sunday of the Lord's Passion during which we commemorate Christ's entry into Jerusalem for the completion of the Paschal Mystery. In Liturgical Calendar preceding Vatican II, the Church celebrated Passion Sunday two Sundays before Easter, and then Palm Sunday was the beginning of Holy Week. The Church has combined the two to reinforce the solemnity of Holy Week.

The Palm Sunday procession is formed of Christians who, in the "fullness of faith," make their own the gesture of the Jews and endow it with its full significance. Following the Jews' example we proclaim Christ as a Victor... Hosanna to the Son of David! Blessed is He who comes in the Name of the Lord. But by our faith we know, as they did not, all that His triumph stands for. He is the Messiah, the Son of David and the Son of God. He is the sign of contradiction, acclaimed by some and reviled by others. Sent into this world to wrest us from sin and the power of Satan, He underwent His Passion, the punishment for our sins, but issues forth triumphant from the tomb, the victor over death, making our peace with God and taking us with Him into the kingdom of His Father in heaven.

## BLESSED PALMS

This week marks the beginning of Holy Week, and I encourage you to pick up your blessed palms from the back of the church. These palms represent the triumphal entry of Jesus into Jerusalem and serve as a symbol of hope and renewal for all of us.

We encourage you to take these palms not only for yourself but also for your family, friends, the sick, your neighbours, and household. Let us spread the message of peace and love in our community and beyond. These blessed palms are a beautiful way to bring a piece of the Holy Week into your homes and share it with those who may not be able to attend the services.

### Pastoral Care of the Sick & Housebound

If you or a loved one, neighbour or friend would like a home visit from Fr. Kane please complete and return the following form to the Parish House. The office will then be in touch to arrange a suitable time for Fr. Kane to visit, as well as a more long-term arrangement for the housebound person to receive Holy Communion and the Sacrament of the Sick at home. Please use the form printed below. Simply cut out and return completed to the Parish House.

## Special Collections

Upkeep of the Holy Sites  
Good Friday  
7 April

### YOUNG ADULTS

DINNER AND TALKS WITH FR. KANE

**11th APRIL 7.30PM**  
**ST. AUGUSTINE'S PARISH HOUSE**



Mexican Themed Night



We desperately need more Brunch volunteers...

### Can you help?

Volunteer after the 10am Family Mass each week.

Sunday Brunch operates on a small team of volunteers who help one Sunday a month. Could you spare that Sunday once a month? Speak to a member of the kitchen team today.

### St. Augustine's Parish - Pastoral Visit Request Form

Name of Sick or housebound person: \_\_\_\_\_

Address for visitation: \_\_\_\_\_

Contact Number: \_\_\_\_\_

*\* Please return this completed form to the Parish House. The office will be in touch to make arrangements.*

*\*\*For urgent sick calls please make direct contact with the Parish House and leave a message on the answer phone if necessary.*

## Parish Giving

St. Augustine's depends on the generosity of our parishioners and visitors to continue our mission and maintain our historic buildings. There are lots of ways to support your parish:

- You can donate via the regular collection baskets at the weekend Mass you attend.
- You can set-up a regular standing order which you can also Giftaid. The online form is available on the Donate page of our site.
- You can donate using the secure online donation feature on our website.



Use our **NEW UPDATED** Chip & Pin donation machine at the back of the Church by simply entering the amount you would like to give.

Visit [www.saintaugustines.org.uk/donate](http://www.saintaugustines.org.uk/donate) for more information.

## Baptism Preparation Classes

Deacon David leads these meetings on the last Thursday of every month at 7pm in the Parish House. Parents and Godparents of children due to be baptised are asked to attend this single meeting. Please call the Parish Office or speak to Deacon David for more information.

## Remembering Your Parish in Your Will

You might consider leaving your parish a personal legacy gift in your will. Such gifts help the parish in its Gospel mission into the future. Contact the Parish Office for more details.



## Volunteering at St. Augustine's

Our parish relies on the generosity of volunteers to share their time and talents for the benefit of others. At St. Augustine's there are a variety of ministries, projects and outreach initiatives that could benefit from your help, including our Outreach project.

If you would like to find-out more about volunteering at our parish, please contact the Parish Office on 01236 423044.

## Parish Pilgrimage to Medjugorje

We are organising a pilgrimage to Medjugorje this year from 6<sup>th</sup> – 13<sup>th</sup> September.

For more information or to book call Sadie on 01698 334373.

## Confirmation Prayer Partners

Parishioners are invited to sign up to become a prayer partner for one of our Confirmation Candidates. See notice boards in the porch.



## BEING CATHOLIC TV

**ARE YOU PASSIONATE ABOUT USING YOUR  
TALENTS TO SPREAD THE WORD OF GOD?  
BEING CATHOLIC TV IS LOOKING FOR NEW  
VOLUNTEERS TO JOIN OUR TEAM!**

*email: [elaine@beingcatholic.org](mailto:elaine@beingcatholic.org)*

## Confession

Saturday: 9.00am – 9.50am

Sunday: 6.00pm – 6.30pm

**Tuesday, 4 April: 7.00pm – 8.30pm\***

*\*Final Lent Confession and will also have visiting Priests*

## Monthly Medjugorje Evening

The next Medjugorje Evening will take place **Monday, 24<sup>th</sup> April 2023**. The parish hosts an evening of prayer, replicating the prayer schedule of the Maria Shrine in Medjugorje. Please join us if you are able at the next evening. The evening format is as follows:

7.00pm Holy Rosary

7.30pm Holy Mass, followed by Adoration

Refreshments afterwards in the Parish Centre.



## DATES OF SACRAMENTS

### Primary 4 for First Holy Communion

Group 1: (Room 13) Sunday 7<sup>th</sup> May 2023  
at 10am

Group 2: (Room 7) Sunday 14<sup>th</sup> May 2023  
at 12 Noon

### Primary 7 for Confirmation

Wednesday 19<sup>th</sup> April 2023, 7.00pm Holy  
Mass with Bishop Toal

# Chrism Mass

The Diocesan Chrism Mass will take place in Our Lady of Good Aid Cathedral Motherwell on Holy Thursday, 6<sup>th</sup> April at 11.00am



# CROSS MOUNTAIN

## Cross Mountain

 Tue 25 Apr 2023, 7:30PM

 CINEWORLD CINEMA, GLASGOW PARKH...

 Glasgow

Tickets can be bought  
on [www.ticketsource.co.uk](http://www.ticketsource.co.uk) search Cross  
Mountain



**Please bring your bells to Holy Mass on Easter Sunday at 10am, to ring them out when we say Alleluia for the first time in 40 days.**



**Please bring your class Alleluia signs to Holy Mass on Easter Sunday.**



**Fr. Kane will lead the children to the Calvary scene for them to dig up their Alleluias to take home.**

# EASTER

ST. AUGUSTINE'S PARISH  
SUNDAY 9TH APRIL 2023



**Brunch in the Parish Centre and egg painting after the Easter Egg Hunt.**



**Bring your decorated Easter Bonnets and take part in our Parish Easter Egg Hunt.**

*He is Risen*



If you would like to support the parish outreach work, you can do so by leaving your donation in the special boxes in the entrance porch after each weekend Mass. Listed below are some of the initiatives, with information on how to access support and how to help. All our charitable initiatives operate under the umbrella project called St Augustine's Outreach.

## THE PEOPLE'S PANTRY

*Helping Local People with Free Food Support*

Opening hours are:

**Mondays from 6pm – 7.30pm**

**Thursdays 12pm – 3pm**

No referral is required. Simply show-up and we will give you a free bag of food for you and your household. No questions asked! Please make only one visit per week.

We have also linked with the local Citizens Advice Bureau and Routes to Work who offer advocacy services via our Pantry.

## HOW YOU CAN HELP

Can you support our parish foodbank with vital food donations? At present, we are running low on the following essential non-perishable items:

**Tin; of soup / beans / pasta / rice  
hot dogs / meat balls / tinned veg  
cereal; / tinned ham / tea bags / tuna  
cooking sauce / biscuit; / toilet roll**

Food donations can be left at the back of the Church or at the Parish House through the day.

## PARISH FURNITURE PROJECT

The parish is appealing for good quality used household items that we can distribute to those in our community who need furniture items. To donate or to request furniture support, please contact us on [furniture@saintaugustines.org.uk](mailto:furniture@saintaugustines.org.uk)

## CONTACT US

If you require support, please contact us on the following email and someone will be in touch: [outreach@saintaugustines.org.uk](mailto:outreach@saintaugustines.org.uk)

## ENERGY / UTILITIES SUPPORT

The parish has a *PayZone* terminal to offer discreet, free gas/electric support for those struggling to pay for their utilities at home. With the new price hike, we are seeing more families and individuals coming forward to ask for this assistance every week. Therefore, to help pay for this support, a secure box has now been mounted on the pillar nearest St. Anthony's statue specifically for donations for this purpose. It will help to pay for gas & electricity for those who seek this support. Please support this worthwhile effort to reach-out to those who need our help.

## CLOTHING SUPPORT

Need assistance with clothing? We can support you with no questions asked! New and good quality pre-loved clothing is available for all ages. Brand new Communion dresses also available. Donations of good quality clothing are now required.

Open on Thursdays from 12.30pm – 3.00pm.

## UKRAINE UPDATE

The local authority recently announced the arrival of 200 Ukrainian families to the local Coatbridge area. Individuals or families requiring specific support should contact the Parish Office directly on 01236 423044. All requests will be handled confidentiality. We are presently putting in place specific support for arriving families.

## NEEDS OF THE WEEK

| PEOPLE'S PANTRY                                               | FURNITURE                                                               | CLOTHING                                              |
|---------------------------------------------------------------|-------------------------------------------------------------------------|-------------------------------------------------------|
| REGULAR SIZED CEREAL<br>PASTA<br>COOKING SAUCE<br>TINNED MEAT | TELEVISIONS<br>WARDROBES<br>CHEST OF DRAWERS<br><i>*We will collect</i> | MEN'S AND BOYS<br>CLOTHING<br><br>BED LINEN<br>TOWELS |

*Donations may be left in the Baptistery Chapel near the Church Shop. Please contact our furniture project for uplifts.*



## BREAKFAST CLUB

Every School Day  
7.45am - 8.55am

Register your child today.

Contact: [breakfastclub@saintaugustines.org.uk](mailto:breakfastclub@saintaugustines.org.uk)



### Church Cleaning Group

If you would like to join our small team of volunteers who help clean the church each week then please contact the Parish House on 01236 423044.

*Help us to keep God's House beautiful!*

### ALMA Group

ALMA is a group for adults with disabilities in the community. They meet at 7:30pm every Wednesday night in St Augustine's Parish Centre.



### Wednesday Lectio Divina Group

Our Lectio Divina Prayer Group meets in the Church sacristy every Wednesday at 7.00pm. This is a great way to prepare prayerfully for the coming Sunday scripture readings.

Tea/coffee available afterwards.

New members are always welcome.



## SAINT AUGUSTINE'S CHOIR NEEDS YOU!

We are a friendly & welcoming group, keen to enlist new members to sing God's praises!

**All voices are welcome - secondary school age and above.**

**No choir experience is necessary - everything is covered in rehearsal.**

**We attend one rehearsal per week - Monday 7.30pm - 9pm and we commit to regular attendance at 12noon Mass each Sunday.**

**We sing lots of beautiful music which enhances the liturgy throughout the year.**

**We also give a Christmas concert and a Lenten concert.**

Rehearsals are in the sacristy (large red door at the side of the church beside the garage). Speak to Father Kane or any choir member after Mass or call Elaine on 07834517085 for details.

## Kairos Café

Please support your parish café which is open Monday – Friday from 10.00am - 2.00pm. The café offers hot and cold drinks, home-baking, freshly made soups, toasties, baked potatoes and more! You will find the menu and prices below.

**KAIROC**

**CLOSED FROM 31<sup>ST</sup> MARCH  
REOPENS: MONDAY, 17<sup>TH</sup> APRIL**

## -MENU-

### Sandwich/Baguettes

White or Brown bread  
served with Side Salad

Fillings  
Cold Meat £2.80  
Cheese & Onion £2.80  
Egg Mayonnaise £2.80  
Tuna Mayonnaise and Sweetcorn £3.00

### Toasties

(Served with Side Salad and crisp)  
Cheese/onions/Tomato/Ham

### Soup

Homemade Soup

### Baked Potatoes

(Served with Side Salad)

Fillings  
Butter £3.00  
Beans £3.50  
Cheese £3.50  
Tuna £3.90

### Drinks

Soft Drinks £1.20  
Kids Juice 60p  
Milk £1.00  
Tea/coffee £1.00 \*\*\* (FREE REFILLS) \*\*\*

### Cakes & Biscuits

Biscuits 60p  
Cakes/Scones 80p

### Children's Menu

(All children's meals are served with  
chips and juice) £3.00  
Pizza/Hotdog/Burger/fish Fingers

### Breakfast Rolls

Sausage/Bacon/Egg £2.00  
Tattie Scone £1.50  
Scrambled Egg £2.00  
Breakfast £4.00

### Toast

per slice 50p  
Scrambled Egg £1.80  
Toast + Beans £1.50

CRISPS 80p

PLEASE ASK STAFF FOR DAILY SPECIALS

\*PLEASE ALERT STAFF OF ANY ALLERGY REQUIREMENTS\*

# VOLUNTEERS NEEDED

**Are you looking for a way to give back to your community? Join us in serving our local community by volunteering at our Kairos cafe. We need your help to provide a warm and welcoming atmosphere for all who enter.**



PROSSI@SAINTAUGUSTINES.ORG.UK

## Saint Augustine's Parish Centre

Booking our function suites is great way to support your Parish! Our two Function Suites available for:

Wedding Receptions / Funeral Breakfasts  
Baptism Receptions / Birthday Parties  
Anniversary Parties / Charity Events etc.

For booking enquiries email Chris at the Parish Hall on [office@saintaugustines.org.uk](mailto:office@saintaugustines.org.uk). Weekend dates are still available for 2023.

## Function Suite Hire from £80



## BAPTISMS

Baptism of Aspen Charnley, Cillian Harvey and Brooke Bell – Sunday, 9 April

## SICK

Sr. Sadie Grant; Catherine McAllister; Ellen Curran, John Cowell, Kathleen McLeary, William Houston; Catherine Kane; Mark Hill; Alec Goldie; Johnny McLean; Mr Hernandez; Robert Warner; Heather Flanigan, Patrick Maguire; Rose Bree; Amelia Jepsome; Sharon Brown; Rebecca McNally; Jim Gillick, Stephen Harper; Sophie McLelland; Margaret Rowan; John Cairney; Grazyna Shellie; Ellen Curran; Alan Connelly; James Kerr; Clare McMullan; Thomas Clarke (Crossmaglen); Clare Daly; Leslie Reekie; Agnes O'Boyle; Betty Harris; Aidan Brannigan; Isobel Parker; Kathleen Stewart; James Green; Mary Irvine; Siobhan McAteer; Isabel Parker; Annamaria & Lizzy Lochrane; Pat Heaney; Christine Elliot; Raymond Queen; Ed & Ann Suprunovich; Philomena Scullion; Marie Greg; Caroline Mitchell; Catherine Kerr; Bern Reimann; Paul Morton; Margaret Donnelly; Jeana Wright; John McGinn; Ronnie Murray; Kathy Glen; Mark O'Donnell; Yasin Ameer; Cindy Gribben; James Trower; Mary Munnelly; Mary McKenzie; Evan McKim; Zack Millar; Robert Correns; Luke Morton; Theresa Docherty.

## RECENTLY DECEASED

James Murray; John Sinclear; Andrew Gillick; Michael Murphy.

## ANNIVERSARIES / MONTHS MINDS / BIRTHDAY REMEMBRANCES

Eddie and Agnes McFadyen; Lily Dunne; Chris Dunne; Brenda Black.

\*Please note that the above names (excluding sick) will be read-out at the Sunday 10am broadcast Mass each week.

\*\*If you would like a Mass Offering, please collect the Mass card from the Parish Shop. Please also indicate if you would like the intention to be listed in the parish magazine. Alternatively, you may post intentions through the Parish House letterbox. Please ensure names are written clearly and are handed-in to the Parish House or office by **Wednesday** of that week at the latest.

## SAINT ANTHONY NOVENA

Begins: Tuesday, 18th April  
Saint Augustine's Church, Coatbridge

This parish will prepare for the Feast of St. Anthony by praying the Nine Tuesdays Novena before the Feast Day.

The service will be each Tuesday, here at Saint Augustine's at 7.00pm. The nine Tuesdays will take us to the Feast of Saint Anthony on Tuesday, 13 June where there will be Holy Mass with the blessing of lillies.



## DIVINE MERCY RETREAT

Sunday, 23rd April 2023  
Saint Augustine's Church, Coatbridge

SCHEDULE

3.00pm: Prayer & Chaplet of Divine Mercy  
3.30pm: Adoration & Benediction  
4.30pm: Veneration of Divine Mercy Image  
5.00pm: Holy Mass

ALL ARE VERY WELCOME TO JOIN US FOR THIS ONE DAY RETREAT ON DIVINE MERCY SUNDAY

## Parish Clergy:



### Parish Priest:

Rev. Fr. Michael Kane  
frkane@saintaugustines.org.uk



### Priest in residence:

Rev. Fr. Dominic Towey  
frdominic@saintaugustines.org.uk



### Parish Deacon:

Rev. David Harper  
deaconharper@rcdom.org.uk

## Parish Staff:



### Youth Officer:

Mrs. Jan Cavin  
youth@saintaugustines.org.uk



### Parish Secretary:

Mrs. Margaret Haggarty  
office@saintaugustines.org.uk



### Parish Centre Manager:

Mr. Chris Hamill  
For hall bookings email:  
office@saintaugustines.org.uk

### Safeguarding Officer:

Miss. Antoinette Parr

### Music Directors:

Mrs. Elaine Bogie  
07834 517085 / choir@saintaugustines.org.uk

Mr. Greg McHugh  
07561 310114 / greg-mchugh@live.co.uk

## Sacrament of the Sick / Hospital Visitations

Those who require the Sacrament of the Sick at home should contact the Chapel House to arrange for a visit from Fr. Kane. This should ordinarily be arranged prior to any prolonged hospital visit. In cases of emergency where you or a family member require the pastoral assistance of the Chaplain, please request this from the hospital nursing staff. Please note that even during this time of pandemic individuals have a right to be seen by a Minister of Religion, even if they are in COVID-19 isolation. The family should make this request clearly to nursing staff.

## Catholic Teacher Approval

Those wishing to teach in the Catholic sector are reminded that it is first necessary to obtain approval from your parish priest to show that you accept and live the Catholic faith. For those living within the parish of St. Augustine's this means approval from Fr. Kane. This applies to those about to enrol for the teaching course, those starting out as probationary teachers, and all those applying for new posts (promoted or otherwise) within a Catholic school. Please contact Fr. Kane if you have any questions about this process.



## Parish Communications

Website: [www.saintaugustines.org.uk](http://www.saintaugustines.org.uk)

Like us on Facebook:

[www.facebook.com/saintaugustines](https://www.facebook.com/saintaugustines)

Follow us on Twitter: [@FrKane](https://twitter.com/FrKane)

Watch us on: [www.beingcatholic.org](http://www.beingcatholic.org)

## Contact Us:

Saint Augustine's RC Church,  
12 Dundyvan Road, Coatbridge,  
North Lanarkshire, ML5 1DQ  
t: 01236 423044

e: [office@saintaugustines.org.uk](mailto:office@saintaugustines.org.uk)

Scottish Charity Number SCO1104

## Outreach Project:

[outreach@saintaugustines.org.uk](http://outreach@saintaugustines.org.uk)



## Parish Schedule for the Coming Week

|                                            |                                                                                                                                                                                                                                                                                                                                                                                                                                                                                 |
|--------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>Sunday 2 April</b><br>Palm Sunday       | 10.00am: Family Mass<br>12.00 Noon: Holy Mass<br>5.00pm: Evening Mass<br>6.00pm – 6.30pm: Stations of the Cross<br>6.30pm – 7.00pm: Confession                                                                                                                                                                                                                                                                                                                                  |
| <b>Monday 3 April</b><br>Holy Week         | 7.00am: Holy Mass<br>10.00am: Holy Mass<br>11.00am - 7.00pm: Church open for Adoration of the Blessed Sacrament<br>6.00pm - 7.30pm People's Pantry Open ( <i>Blairgrove Shopping Centre</i> )<br>7.30pm: Choir Practice ( <i>Sacristy</i> )                                                                                                                                                                                                                                     |
| <b>Tuesday 4 April</b><br>Holy Week        | 10.00am: Holy Mass<br>10.30am - 7.00pm: Church open for Adoration of the Blessed Sacrament<br>7.00pm – 8.30pm: Confession <i>with visiting Priests</i>                                                                                                                                                                                                                                                                                                                          |
| <b>Wednesday 5 April</b><br>Holy Week      | 7.00am: Holy Mass<br>10.00am: Holy Mass<br>10.30am - 7.00pm: Church open for Adoration of the Blessed Sacrament                                                                                                                                                                                                                                                                                                                                                                 |
| <b>Thursday 6 April</b><br>Maundy Thursday | 10.00am: Morning Prayer<br>11.00am: Chrism Mass ( <i>Mortherwell Cathedral</i> )<br>12.00pm - 3.00pm People's Pantry Open ( <i>Blairgrove Shopping Centre</i> )<br>12.30pm – 3.00pm: Clothing Bank Open ( <i>Outreach Hub – Behind Parish Centre</i> )<br><b>7.00pm: Mass of Lord's Supper</b><br><i>followed by Procecion of the Blessed Sacrament to the Altar of Repose</i><br><i>Church remains open for visits to the Blessed Sacrament</i><br><b>9.30pm: Night prayer</b> |
| <b>Friday 7 April</b><br>Good Friday       | 10.00am: Morning Prayer<br>11.30am: Summerlee Care Home Good Friday Service<br>12.00pm: Millbrae Care Home Good Friday Service<br>1.30pm: Woodside Care Home Good Friday Service<br><b>3.00pm: Solemn Passion Service</b><br><b>7.00pm: Stations of the Cross Play with Children and Veneration of the Cross</b>                                                                                                                                                                |
| <b>Saturday 8 April</b><br>Holy Saturday   | 10.00am: Morning Prayer<br><b>8.00pm: Easter Vigil</b>                                                                                                                                                                                                                                                                                                                                                                                                                          |
| <b>Sunday 9 April</b><br>Easter Sunday     | 10.00am: Family Mass <i>with Kids' Alleluia Procession</i><br>12.00 Noon: Holy Mass<br><i>No 5.00pm Evening Mass</i>                                                                                                                                                                                                                                                                                                                                                            |

Thank you all so much for your support of the SCIAF WEE BOX, BIG CHANGE Lenten appeal. Please return your WEE BOXES as soon as you can. You can also donate to SCIAF by visiting [sciaf.org.uk/weebox](http://sciaf.org.uk/weebox) or by calling 0141 354 5555.

Thank you once again for your great generosity. From everyone at SCIAF, we wish you an Easter full of joy and peace.



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***With thanks to all who sponsor the Heartbeat magazine:***



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