

Hi everyone,

hope you are all keeping well.

Here are some hymns and songs for this week to accompany services.

70 - Be thou my vision, O Lord of my heart

- <https://www.youtube.com/watch?v=6AdBkJurR4>

172 - Fill your hearts with joy and

gladness - <https://www.youtube.com/watch?v=d5PnPRIGTLM>

494 - O God, our help in ages past - <https://www.youtube.com/watch?v=rsHIwXTjAOU>

606 - Soldiers of Christ, arise - <https://www.youtube.com/watch?v=ZaGZfrBS-pc>

and some more....

- Acappella (Platinum) #6 - Humble Thyself In The Sight Of The Lord
- <https://www.youtube.com/watch?v=0N1IoIHeQc8>
- You are the centre Rizza - <https://www.youtube.com/watch?v=0fXC-T52fM0>
- God Be in My Head — Choir of King's College, Cambridge
- https://www.youtube.com/watch?v=UCik9Us_K2A
- Lord, thou hast been our refuge Bairstow
- <https://www.youtube.com/watch?v=mOvG-hFkFAC>
- Lord, I trust thee Handel - <https://www.youtube.com/watch?v=4esjh8zGBMQ>
- Take my life/hands, Lord Rizza
- <https://www.youtube.com/watch?v=7hC6bl1IGS8>

This Week I can report that my friend Tereza and I successfully completed our 10k run for the Royal British Legion poppy appeal, thank you so much for all of the very generous sponsorship donations and the lovely support and encouragement. It was very much appreciated and helped us get round in 1hr and 15 mins.....not too bad considering we've not run that far for a long time!

This week the girls have been building mechanical wooden marble runs from some kits.....they have been great fun and very tricky, we have almost completed them jus a bit of tinkering around with gears left to do hopefully

We hope everyone is doing as well as is possible at present, and send lots of love to you all

Stay safe and well

love from

Sarah, Tom, Emily and Phoebe xxxx