



ST THOMAS
CHURCH LANCASTER
SHARING GOD'S LOVE FROM THE HEART OF THE CITY

Heart of the City Project
Sponsored walk

Join us on the "Great CANAMBLe":
 A walk from St T's Lancaster to St T's Garstang
 by Lancaster canal on Saturday 18th May.



- Leave our church between 10am and 10.30am.
- Walk 13 miles along the canal towpath to Garstang.
- Or if you would like a shorter route, choose 5 miles to St John's Ellel.
- Enjoy a picnic with your friends on the way.
- Children welcome, if accompanied by a parent or a St Ts youth leader.

There are many ways to help if you don't want to walk: sponsor a walker, serve tea, coffee and cakes at the finish, bake a cake, give lifts, pray for good weather etc!

Registration costs £12 for adults and £6 for under-18s, and includes a baseball cap if you register by Saturday 10th May.

You can register:

- At the St T's website, and click on the tab Building Project.
- At Church Suite.
- Or complete and return the form below to the Church Office with your payment.

*Please turn over to see how your sponsors can give to the **Heart of the City Project**.*

For more information and to offer help please contact Stephen & Sally Taylor at taylorsallya@gmail.com



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Name

Address

e-mail address Phone number

PTO

We all know friends and people in our family who might like to support the **Heart of the City Project**, but have not yet made a contribution. Asking them to sponsor you is a great opportunity to seek their support.

However, we know some people would rather not ask, which is also OK – you might like to sponsor yourself instead!

Recording donations on a paper form

- Forms are on the Welcome Desk in church and are also available from the Church Office.
- They can be printed from the church website. Click on the Building Project tab and find our link.

Collecting donations online

We are encouraging donations using give.net, where taxpayers can take advantage of the Gift Aid scheme to increase their donation by 25%.

- The easiest way is to send the link <https://www.give.net/canamble> to your friends.
- You might like to create your own donations page. Detailed instructions are at the church website, at the tab marked Building Project.



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Please tick **ALL** boxes that apply.

I wish to walk to: St Thomas' Garstang St John's Ellel

I enclose my registration fee (cash, or cheque to St Thomas Lancaster PCC):

Adult £12 Under-18 £6

I will raise money by sponsorship: Online via give.net Using paper forms