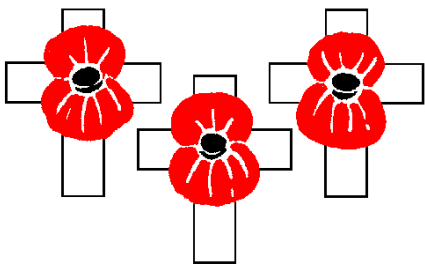


- individual grants for those in need
- employment for ex-Service people, many disabled, within the Legion and its related companies
- advice and financial support to ex-Service people wanting to start a business
- help for ex-Service people in finding jobs and courses to equip them for civilian life.

The Poppy Appeal, arguably the nation's most important annual appeal, raises only half of the funds the Legion needs to carry out its welfare and benevolent work. Funds are also



raised through events, legacies, donations, sponsorship and sales – it receives no Government financial support and is entirely dependent on voluntary donations.

The Royal British Legion needs our help in its excellent work of safeguarding the welfare, interests and memory of those who have served in the Armed Forces and to maintain its theme for the new millennium of remembrance, reflection and hope.

Donations are received for all our represented charities through General Communion Alms; Harvest Collections; Christmas Collections; Special Collections, Traidcraft Stall Contributions and Monthly Objects – the subject of this article.

Veronica Mountford.

**The measure of a man's life is the well spending of it,
and not the length.**

Plutarch

Who is God, anyway?

God is your shepherd, physician, provider, rock, counsellor, teacher and saviour. He is the Bread of Life, and the Light of the World. He is El Shaddai – the All Powerful and Nourisher of his people. He is Yahweh Shalom – wholeness, security, well-being, prosperity, peace and friendship.

God is always with you; he sanctifies you, goes before you, carries you, blesses your work, leads you, delivers you, and has compassion on you. He comforts you and gives you rest. The Lord is your refuge, is gracious and merciful and is forever faithful. He is your strength and your redeemer; your light and your salvation.

That's who God is!

