

A MALAWI STYLE LUNCH

Saturday, 23 November 2019 served from 12 noon onwards

Hosted by Maureen & Henry Douglass
at 1 Upper Adelaide Street, Helensburgh

Raising money for the Lingadzi Sports Academy



Please let us know if you want to join us, sign up forms at the back of the church or email hmdouglass@hotmail.co.uk or call 01436 674 763

*A basic
meal using
ingredients
used in
Malawi*



*Traditionally cooking
would have taken place
outside in a big pot over
an open fire,
but as it is winter in
Scotland we make no
apologies for cooking in
our kitchen!*

*bring your
own bowl
and spoon*



*Dress? African or
something bright*

**All Donations to
St Michael's Lingadzi Fund – working with the Mtandire
Education Empowerment Project – a Rotary initiative
St Michaels is a Charity registered in Scotland SC006468**