

**FIRST COMMUNION HYMN  
ALL WHO HUNGER  
Sing a New Creation Hymnal #30**

All who hunger, gather gladly;  
holy manna is our bread.  
Come from wilderness and wandering.  
Here in truth, we will be fed.  
You that yearn for days of fullness,  
all around us is our food.  
Taste and see the grace eternal,  
taste and see that God is good.

All who hunger, never strangers,  
seeker, be a welcome guest.  
Come from restlessness and roaming.  
Here in joy we keep the feast.  
We that once were lost and scattered,  
in communion's love have stood.  
Taste and see the grace eternal.  
Taste and see that God is good

All who hunger, sing together;  
Jesus Christ is living bread.  
Come from loneliness and longing.  
Here in peace, we have been led.  
Blest are those who from this table  
Live their lives in gratitude.  
Taste and see the grace eternal.  
Taste and see that God is good.

**HEATING ASSISTANCE REBATE PROGRAM  
(HARP) & SENIORS CARE GRANT**

HARP helps low- and modest-income Nova Scotians (single net income of \$55,000 or less, or family net income of \$75,000 or less) with the cost of home heating. Rebates are for \$600 for each household. You can apply online until March 31, 2025, at: <https://beta.novascotia.ca/apply-heating-assistance-rebate-heating-assistance-rebate-program>

The Seniors Care Grant helps low-income seniors (household net income of \$45,100 or less) with the cost of household services (like lawn care, snow removal, grocery delivery, transportation, small home repairs and phone service), healthcare services (like physiotherapy and mental health support) and home heating. Grants are for \$750 for each household. You can apply online until March 31, 2025, at: <https://beta.novascotia.ca/apply-help-household-healthcare-and-home-heating-costs-seniors-care-grant>

For those without online access, mail-in copies of both applications will be available in each church.

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**SOULS HARBOUR RESCUE MISSION DROP IN**

Souls Harbour Rescue Mission Drop In is low on toiletries. They accept any and all kinds and sizes of the following: Shampoo, Conditioner, Band-aids, Combs, Brushes, Toothpaste, Toothbrushes, Deodorant. Please bring the items to the Sunday services and I will deliver them on Tuesdays. Thank you for your kindness. Louise Christie 902-225-0832 [thechristies@ns.sympatico.ca](mailto:thechristies@ns.sympatico.ca)