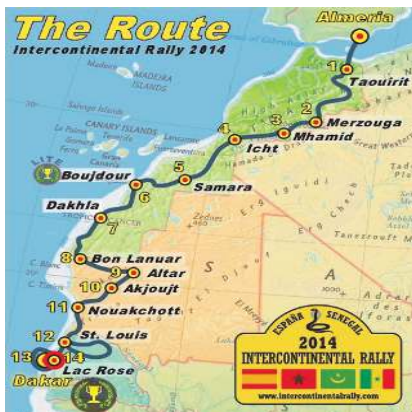




# Grace in *Action...*

**Winners of the Lite Class Dakar Rally**  
**Well done David & Phyllis Pallot**



All of us at Grace Trust would like to congratulate David and Phyllis on their well deserved win.

Opposite is a map of the full route from Almeria in southern Spain to Dakar, Senegal.

The route choices for the Dakar Rally are a 6 day Lite route starting in Almeria, Spain and ending in Boujdour, Morocco and a 14 day Full Range route starting in Almeria and ending on the shores of Lac Rose in Senegal.

This year David and Phyllis decided to enter in the Lite Category which finished at Boujdour southern Morocco.

The racing part of the event for David and Phyllis was 2240km, but **the total round trip was about 9000km (5000 miles) in less than 4 weeks** so a lot of mileage was done just getting there and back.

The race is physically demanding and navigationally challenging. By stage 2 of the race which finishes at Merzouga almost 10% of 81 starters in the Race and Adventure categories have had to give up because of technical problems and physical injuries. **This is not a race for the faint hearted.** Asking for any assistance either medical or technical from the 21 strong organisation team renders you disqualified.

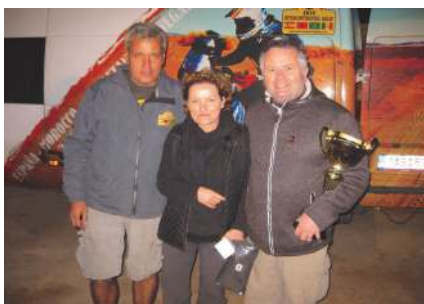
Opposite is a picture of the Pallot vehicle which is a 25 year old Mercedes G Wagon, G stands for "Geländewagen" meaning "Cross Country vehicle and although it is very slow compared to the other racers, the Pallots excelled in navigation as the route is all about point to point courseplotting and going slower gave them the opportunity to study the landscape and make the right decisions enroute.



A word from the Pallots

"To our amazement we won First place Trophy in the Race Lite Class, we didn't realise that our ranking was so good until the end of the race. We have seen some amazing sights: it's hard to describe the landscape, one minute you're up to the axle in "FeshFesh" a fine sand that looks like solid ground but behaves like soft mud, next you're on ground that looks sandy but is as hard as concrete, there are rocky passes, muddy river crossings, dry river beds and of course lots of dunes. It has been a wonderful experience.

**Doing the Rally gives us the opportunity to highlight the Grace Trust a charity that we believe in."**





# Grace Trust Christmas Party 2013



Nicky



Gerry Vini and David



Sonia Vibert



Hard working servers: Liz, Sarah, Janet, Grace and Ann



Last year ended on a high note for Grace Trust yet again with a great Christmas Party on December 6th at St Paul's Centre. The food was delicious and Fiddler's Green provided music which got everybody's toes tapping and people up dancing.



## Gerry and Vini? Just what do they do all day?!

The Van controls how the day begins in some ways, if the van is out then Vini and Gerry will normally meet up at the Store in St Peters at the "back of seven" load or unload then into Town for usually 8.30 ' ish probably picking up Archie on the way as we head toward Minden Place to hand the van over to Joe. So then they go out here, there and everywhere collecting and delivering donated furniture. Then, who knows what can happen at the Base in Minden Place!

Sorting the food bank out, answering the phone that can ring with a request or donation of furniture, or someone asking if we can call a friend of theirs who is really low at the moment or someone who wants to end it all because they have had enough of "this c\*\*p life, this c\*\*p world and all the c\*\*p people in it! ". Maybe it ' s someone who wants Gerry

A HUGE thank you to  
**State Street** who  
sponsored the Christmas  
Party once again.

and Vini to visit them or someone who we know we need to " get " along there, pretty swift and all ! Or the phone may ring with someone from a large Trust Company in Jersey who feel they want to be involved with Grace Trust in some way through Fundraising or sending volunteers along to one of our Lunches at St Pauls " Yeh and we need to get the menu from the Team who is on duty this week and did we order the mince and chopped toms from Easenmyne ? " and also we are doing the Grocery deliveries this Saturday so one of us needs to make sure that we can let Big Mark in at St Paul ' s for 9.30 on Saturday and we need to contact Jimmy too to say his help would be really appreciated.

Bethlehem are good for their week and Marina and Myriam for theirs too, so that ' s fine.

Also that guy who came into the office earlier has just lost his job, his flat and has nowhere to go, he was a bit stressed so we just sat him down and made a cup of tea, may call Stuart at The Shelter? And while you were getting the laundry from Barbara ' s Carol says she is coming in on Tuesday to write all the thank you letters for the Harvest giving from all the Churches and the Care Home that we delivered some of the food to has asked if Parklife can sing to some of their folks at some stage?



## Are you there Lord?

A Prayer for the unemployed and homeless

Dear Lord

Help the homeless and unemployed through this difficult time,  
Let them know they have committed no crime.

Let them feel valued, give them a chance,  
They are hurt by others, from one horrible glance.

Having a job and a home is not a guarantee,  
Losing them could happen to you and me.

A loss of a job means so much more,  
Losing money, confidence, and the key to the door,

Being homeless means being cold and alone,  
The thought of a meal is something unknown.

They didn't ask for this life, it's not what they chose,  
Left with no home, just ragged old clothes.

They dream of feather pillows, a nice comfy bed,  
But in reality, there is nowhere to rest their head.

We have to think of those who are in need,  
And put aside our judgements, jealousy and greed.

Please remind others of how fortunate they are,  
Without fame and attention, they can still be a star.

They need faith in God, please guide them through,  
You're the person they need, they depend on you.

In their hour of darkness, show them your light,  
Give them the strength to continue their fight.

They may not have much, but all they need is a prayer,  
To show them that God will always be there.

By Chloe (Aged 12 and a half)

Also that girl who turned up at Janine's Art in The Park on Tuesday might need to chat at some time so maybe we can ask Penny if she could hook up with her over a coffee? Vicki called for Prayer Time on Friday at 1pm and we have a Trustees meeting on Thursday evening next week which means I can head back to Town after being up at La Moye that day. Then Gerry can go back up to La Moye for the Marketplace on Friday morning

'cos in the afternoon we need to be down at Samares to help pack the groceries with Bev and the team down there. We also need to get more food for the food bank as we are running a little low, and BBC Radio Jersey have asked if one of us can go in on Sunday morning to talk about homelessness in Jersey? St John's Church want us to talk at their service on Sunday too..... someone left a message to say thanks for the mattress, we need to check the mail box too in



This is a poster that Anne made for St Paul's Church last autumn. This poster was taken along with other posters to Derbyshire by Yvonne Coppock of St Paul's Church to an exhibition showing how churches can create their own posters.



Anne is a big part of Grace Trust involved in all aspects of our work, Parklife, Art in the Park and of course the Saturday lunch.

The title of the poster is "Hearts on Fire".

Well done Anne

# Big Thanks



To young **Esther Le Ruez** who helps us out at the Grace Trust lunches. The **Lions Club of Jersey** have kindly **donated £150** to Grace Trust in recognition of all she does and with this we have bought some kitchen equipment and utensils that were needed.

Also it must be said that Esther brings along to the lunches that willingness to sit and chat and listen to folk that is invaluable and so appreciated.

Thank you and well done Esther



the morning...and did you call that guy back? They would like a food basket in their office?.....and Anne De La Haye called asking what the vegetarian option is for Saturday!.....

Since last Autumn and into this year Grace Trust has been working alongside the Learning and Skills Department in La Moye Prison. This initiative was a mutual idea which helps inmates to be able to turn their poems or writings into songs or just to help them start to get feelings and emotions down onto paper. It has been a great project to be involved with, and we have seen some very stirring stuff written down by these guys. As is usually the case in these things we go out to bless others and end up being blessed ourselves. At the end of the first course I wrote a “rap” to these guys.



I know nothing about you or where ya come from  
What's right in your mind or what you done wrong  
What makes ya tick in the clock of your brain  
Or how ya miss the wind and the rain  
And I wont pretend to understand  
Like some tourist with a map and camera in hand  
Cos what do we share and what do we shout  
Emotions are real within and without  
Hindsight's a killer and a science for sure  
And it reels us in like a fish on a lure  
It's a tight line I know and it pulls on the heart  
You'd finish on the bull if you just had the dart  
And all of the faces and all of the names  
Like smouldering memories go up in flames  
Cos it's you who must live and now occupy  
The thoughts in your mind when you close your eyes  
But tomorrow will come and the night it will fade  
Like a pin that's replaced in life's hand grenade  
Your story is yours, your copyright sealed  
By all you've been through and all you've revealed  
On the canvas of time nailed to life's frame  
Your picture is yours it don't need no name  
Cos everyone else can ramble and roam  
They can buy a house but they can't buy a home  
You can look at it two ways surrender or stand  
For what you believe or what they demand  
Respect is the thing we all like to feel  
It's a two way street and that's part of the deal  
We all breathe in the air and we all bleed in red  
And pride takes a dive when we trade in our cred  
And we throw our hands high with nothing to hide  
Fleeced by the truth no lie can deride  
Ever wonder just what your mind it could say  
If you just shut it down and had peace for a day  
Now time's moving on and soon we'll be done  
And make our way back to where we come from  
But may I just say some words that I feel  
Don't ever lose vision or sight of what's real  
Dig deep to pour out what you feel from within  
Don't ever give up or ever give in  
To believing it's you who can ring the bells  
That echo through time like songs from the cells.

**Deputy General Manager**  
Vini Jones ( 07829 782783 )



Grace Trust Jersey

**On the road again!**



We now have **THE BAND** consisting of.....

<b>AJ</b> bass and keyboards	<b>TOM DAY</b> guitar
<b>CHRIS MARQUER</b> lead guitar	<b>VINI JONES</b> vocals and guitar

**ON WEDNESDAY  
12TH MARCH  
PARKLIFE HAD THEIR FIRST  
"GIG" OF 2014**



Parklife travelled out to Communicare St Brelade in style thanks to **LIBERTY BUS** who provided free tickets on the number 15 double decker bus .  
A BIG thank you to them



Website:  
Co-op Share Number