

# RIDE + STRIDES for Churches

**Saturday 8th September**

**Cycle or walk to raise money for your church**



Half the money you raise will be spent on your church building. The other half will go towards repairing church buildings in Essex & East London.

Pick up a sponsorship form below or download a form at [www.foect.org.uk](http://www.foect.org.uk)

Friends of Essex Churches Trust - registered charity 236033

**Why not join  
Archdeacon Robin  
for part of his  
ride around the  
edge of the  
Stansted  
Archdeaconry?**



**Want to sponsor Archdeacon Robin?**

**Go to: [www.justgiving.com/fundraising/robin-king3](http://www.justgiving.com/fundraising/robin-king3)**

**Make sure you mention the name of your church  
when donating (type it after your name)**

**Half of your donation  
will come back to your own church!**