

# Lunch Bunch

Thursdays 11.30am until 1.15pm  
in  
Polmont Old Parish Church Hall  
Main Street  
Polmont

## Menu

### Soups



Lentil  
Chicken Broth  
Potato and Leek



### Sandwiches & Toasties

Cheese  
Tuna  
Egg Mayonnaise  
Bacon/Sausage  
Ham

### Home Baking



Sponges  
Meringues  
Tray Bakes

and much more!

If you are a regular at the Lunch Bunch,  
thank you for your support!

If you have not already visited us on  
Thursdays, why not come along and join us.

**Jim Wilson**  
714181



## THE BRIGHT RED HAT

The glance of a female  
into the mirror .....

- At 2, she looks in the mirror and sees a princess.
- At 7, she sees herself as the beautiful Cinderella or Sleeping Beauty.
- At 14, she sees herself as a young lady, but fat with pimples and thinks she can't possibly be seen in this way. "How awful", she says.
- At 20, she sees herself as too fat, too skinny, too short, too tall, hair too curly, hair too straight. But..... she goes out anyway.
- At 30, she still sees herself as too fat, too skinny, too short, too tall, hair too curly, hair too straight. But ..... decides she doesn't have time to fix all this, and goes out anyway.
- At 40, she still sees herself as too fat, too skinny, too short, too tall, hair too curly, hair too straight. But she thinks ..... "Hey, I'm alive. Oh well!" And goes out anyway.
- At 50, she sees herself in the mirror and thinks: "Finally .... I am me" She goes out and thinks: "I'm even better".
- At 60, she looks at herself and thinks of all the women who cannot seem to look at themselves in the mirror... She goes out and conquers the world.
- At 70, she sees herself and her worth, her wisdom, her happiness and recognises her ability. She goes out and enjoys life to the fullest.
- At 80, she does not preoccupy herself with looking in the mirror. She simply puts on her bright red hat and goes out and enjoys all that life has to offer.

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T Let us share this message with all women.

T Let us all put on our bright red hat sooner!

T Let us be more mindful of opening our hearts rather than our appearances.

T Let us enjoy each other and every moment and share these with the ones we love.