

WEEKLY  
NEWSLETTER

# HEART AND HAND

ISSUE 30  
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YOUR WEEKLY HEART AND HAND NEWSLETTER

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## HELLO AND WELCOME!

HELLO AND WELCOME TO YOUR WEEKLY HEART AND HAND NEWSLETTER. THE NEWSLETTER IS GENERALLY SOMETHING THAT I TRY AND KEEP UPBEAT AND JOYFUL BUT I'D BE LYING IF I SAID THAT THIS WAS AN EASY ONE TO WRITE TODAY. EVERYONE FEELS THE SAME AND EVERYONE IS DEMANDING ANSWERS TO NOT JUST WHAT HAPPENED YESTERDAY BUT WHAT HAS HAPPENED IN THE LEAGUE THIS SEASON. AS THE FANS, WE DESERVE THOSE ANSWERS AND THOSE WHO HAVE PRESIDED OVER WHAT HAS TRANSPIRED WILL BE HELD ACCOUNTABLE. WE'RE ALL SORE, BUT WE DO WHAT WE ALWAYS DO WHEN A RESULT LIKE THIS HAPPENS, WE PICK OURSELVES UP AND GO AGAIN - THIS TIME TO A EUROPEAN QUARTER FINAL. THE WORLD IS STILL SPINNING, AND WE STILL HAVE THE CHANCE TO DO SOMETHING QUITE INCREDIBLE ON THE EUROPEAN STAGE. THE TEAM OWES US THAT.

OUR SPIRIT UNBROKEN. OUR HEART IS STILL ON FIRE. - RH

# HEART AND HAND • WEEKLY NEWSLETTER

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## *Your Heart and Hand Week*

### *Monday*

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**7am** Who Are You?  
**3:30-5pm** Daily Update  
**7pm** Rangers A-Z  
**9pm** Strips

### *Tuesday*

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**7am** Dominant - Rangers 1986-98  
**12pm** The Range  
**3:30-5pm** Daily Update  
**7pm** Fantasy Football

### *Wednesday*

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**7am** Ally's Adventure  
**12pm** Braga Preview  
**3:30-5pm** Daily Update  
**7pm** European Hangover  
**10pm** Champions League Show

### *Thursday (Europa League vs Braga)*

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**7am** Seagulls  
**3:30-5pm** Daily Update  
**Post-Match** Post-Match Pod  
Executive Report (Chief Execs Only)

### *Friday*

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**7am** RBR  
**3:30-5pm** Daily Update  
**7pm** Extra  
**9pm** Rangers Women

### *Saturday*

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**7am** Hoggys Hamper  
**10am** The Range  
**12pm** St Mirren Preview  
**6pm** Rangers B Team  
**8pm** Rangers Then, Rangers Now

### *Sunday (League vs St Mirren)*

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**7am** Feeling Blue  
**Post-Match** Post-Match Show  
Executive Report (Chief Execs Only)  
**9pm** SPFL Roundup

## THIS WEEK ON HEART AND HAND

As we build up to the Europa League quarter final on Sunday we have plenty of shows to keep you covered. The European Hangover returns with James providing insight into our upcoming opponents with a Braga supporter and on Wednesday night the Champions League show returns to discuss some mouth watering quarter finals.

## LAST WEEK ON HEART AND HAND

Last week on Heart and Hand, the two Davids and Rob chart us back through Ally's time as manager going back to the summer of 2012 on [\*Ally's Adventure\*](#) while James and I rounded up the [\*International break\*](#) action. David and Laura discussed all the goings on with the [\*Rangers Womens\*](#) side and if you want something a bit more light hearted, Jack and Colins [\*RBR\*](#) was, as always, excellent and hilarious.

## YOUR WEEKLY RECOMMENDATION

This is the part of the newsletter that is used to suggest some pods or pieces of writing.

This weeks recommendation takes us back to the last time we competed in the quarter finals of a [\*European competition\*](#)...

From everyone at Heart and Hand, we hope both you and your team have a great week.

WATP.