

WEEKLY
NEWSLETTER

HEART AND HAND

ISSUE 31`
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YOUR WEEKLY HEART AND HAND NEWSLETTER



HELLO AND WELCOME!

HELLO AND WELCOME TO YOUR WEEKLY HEART AND HAND NEWSLETTER. MUCH MORE LIKE IT AT THE WEEKEND THERE AS WE RAN OUT 4-0 WINNERS AGAINST ST MIRREN WITH A HATTRICK FROM KEMAR ROOFE THAT HAS SET US UP NICELY FOR MUST WIN GAMES AGAINST BRAGA AND CELTIC. ALSO WORTH NOTING THAT SEASON TICKET RENEWALS CAME OUT TODAY AND THE DEADLINE IS **MONDAY 16TH MAY** FOR ALL OF YOU WHO WISH TO RENEW FOR SEASON 2022/23.

HEART AND HAND • WEEKLY NEWSLETTER

Your Heart and Hand Week

Monday

7am Who Are You?
3:30-5pm Daily Update
7pm Flagship
9pm The Interview

Wednesday

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

Friday

7am RBR
3:30-5pm Daily Update
7pm Extra
10pm Rangers B Team

Tuesday

7am Dominant - Rangers 1986-98
12pm Milestones
3:30-5pm Daily Update
7pm Fantasy Football
9pm Blue Scarves On

Thursday (Europa League vs Braga)

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

Saturday

7am Hoggys Hamper
12pm Celtic Preview
8pm Feeling Blue

Sunday (Scottish Cup vs Celtic)

7am Rangers Then, Rangers Now
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 games against Braga and Celtic we have plenty of shows to keep us going as the anticipation builds. Blue Scarves On returns tomorrow night at 9pm while James and the lads will review all the Champions League action on Wednesday night. The Rangers B Team will provide Friday night entertainment and Feeling Blue returns on the Saturday for those of us who like a vent.

LAST WEEK ON HEART AND HAND

Last week on Heart and Hand, Kev and Craig returned with *The Strips That Made Us* looking at some recent Hummel strips while Stephen was joined by legendary Scottish Boxing Trainer Billy Neilson on *The Boxing Review*. James and I covered a fairly damning defeat for the *B Team* on Saturday and Patreon Ryan Mark joined Stevie Clifford on *Rangers Then, Rangers Now*.

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.