

# THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

19<sup>TH</sup> JANUARY 2020

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**A warm welcome to our communion service this Sunday at 9.30am at St Swithun's Church, Sandford and we encourage you to join us for refreshments afterwards.**

**REFLECTIVE MORNING PRAYER** – every **Wednesday** at 9.00am at St Swithun's

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## THE BOILER

Anyone who has been into the church for any reason over the last couple of weeks will have noticed the drop in temperature as the boiler is broken. We have supplementary heating which is effective though noisy (many thanks to Phil Harvey from the garage who came to our aid immediately with a blower). **No firm decision has yet been made about whether it will be too cold to hold Tea and Toddlers on Friday 24<sup>th</sup>. Please contact Rosanne on 774409.**

## PALM CROSSES

If you still have a palm cross from last year, please give it to Bert Jewell who will make the ashes for the Easter services from them. He will need quite a few.

## EVERYDAY FAITH [www.churchofengland.org/everydayfaith](http://www.churchofengland.org/everydayfaith)

I mentioned last week that you can receive free daily reflections from the Church of England called Everyday Faith. These emails are aimed at busy 21<sup>st</sup> century people who would like bite sized thoughts and prayers to help them find and follow God.

Pamela also recommends Word for Today which can be found on [ucb@ucbmedia.net](mailto:ucb@ucbmedia.net)

## WEEK OF PRAYER FOR CHRISTIAN UNITY

Each year a different country prepares the prayers and reflections for Christians around the world to use to pray for each other. This year they have been written by the Christians of Malta, the island where Paul was shipwrecked and thus introduced the islanders to the Christian faith.

If you are able, do join in any of these short services.

Monday 20<sup>th</sup> – 12.30pm at the Methodist Church

Tuesday 21<sup>st</sup> – 12.30pm at Crediton Congregational Church

Wednesday 22<sup>nd</sup> – 12.30pm in the Lady Chapel of Holy Cross Church

Thursday 23<sup>rd</sup> – 12.30pm at the Roman Catholic Church

Friday 24<sup>th</sup> – 12.30pm at St Lawrence Chapel led by Connect

## NEW YEAR, NEW DECADE, NEW SKILLS AND TALENTS NOT FULLY CHALLENGED?

There are a number of varied activities involved in the churches, had you thought of trying any out?

There is bell ringing, singing in the choir, playing handbells or playing an instrument with the 1<sup>st</sup> Sunday music band; there's flower arranging or if you like gardening, regularly committing to jobs in the churchyards. If you're a people person you could be on the welcoming rotas or help with Tea and Toddlers or offer to visit people who are housebound. If you like hospitality then there is the Cafe group, a social group which also organises the refreshments after concerts and services. If you are of a practical nature all three churches would welcome those who can repair, paint, clean and generally maintain the fabric of the buildings. Not to mention joining the PCC, the Friends, assisting in the Sunday services as a reader, offering prayers, or setting out the altar. If you like acting then the Open the Book team would welcome your talents ... and that's just some ideas! Ask Paul, Linda or Colin about joining any of these.

*Thank you – already someone has offered to go on the cleaning rota and two people have volunteered to be Deanery Synod reps. Any more responses?*

## POSTCARDS AND STAMPS

A reminder please not to throw away any postcards, used or unused but instead to pop them in the designated MAF box at the back of St Swithun's. Similarly if you have any stamps please pop them in the box in the Community Shop – again they are used to raise funds for charity.

## IN YOUR PRAYERS

- Pray for Helen whose father died this week. On Thursday she is being instituted as vicar in the Alham Vale Benefice in Somerset.

- Pray for the Connect workers who support local secondary schools and youth clubs with a Christian presence.
- Take a moment this week to thank God for our community and all those who serve it and invest in it. Every time there is an event like the Sandford Wassail this weekend or a Bingo evening at the Parish Hall or a sports fixture on the pitches, people have put work in behind the scenes to ensure everyone getting together will be safe and have fun.

**Sunday's readings: Isaiah 49:1-7; Psalm 40:1-11; 1Corinthians 1:1-9; John 1:29-42**

We rarely use the psalms in a Sunday service but they are always worth reading as they are often a brutally honest account of the psalmist's thoughts about his circumstances and God. I have a book called Psalms Now by Leslie Brandt and here is part of today's Psalm 40.

*Our God is not looking for genius;*

*He does not require great talent.*

*He is not charmed by our panic-ridden activity.*

*He simply asks for our faith and obedience.*

*It was when he turned me from self-seeking  
to follow his will for my life*

*that I discovered serenity and security.*