

THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

9TH FEBRUARY 2020

A warm welcome to our communion service at 9.30am at St Swithun's Church, Sandford. Do stay for refreshments afterwards (see next item).

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

SUNDAY REFRESHMENT TEAM

Thank you to everyone who creeps out of the service during the final hymn so that when the service is over we can have a tea or coffee as we catch up with each other's week before we return home. Thank you all for the cheerful way you serve us - and for the delicious cakes you make!

ELECTORAL ROLL FORMS

This is the time of year when Alison, our electoral roll officer reviews the register and if you have joined us in the last few months, she may well approach you and invite you to fill in a form. If she misses you please pick up a form from the back of St Swithun's (or if you attend St Mary's or Beacon Churches please ring Alison on 866204 or email astoyle@btconnect.com and she will send you one). If you are already on the register because you filled in a form last year then you need do nothing more. As well as giving you an opportunity to vote at the AGM or be on the PCC, signing a form is your way of saying 'I belong.' So whether your connection is with St Mary's or Beacon or St Swithun's please sign a form and return it to Alison.

THANK YOU MARGARET!

Margaret, our in-house knitter, did so well with her knitted Christmas Puddings, that combined with her coffee morning just before Christmas she raised a staggering £800. This will be shared between Force, the Exeter breast charity and £100 to St Swithun's.

MAKING THE MOST OF MEDIA – MONDAY 2ND MARCH AT 7.30PM AT THE BONIFACE CENTRE.

This evening is designed to help us nail social media, tell good news stories, engage with the press and livestream with style. Chloe Axford, the Diocesan Communications and Engagement Director is offering a whistle-stop tour full of hints, tips and sources so bring your mobile phones and devices with you. She will also cover communications planning, writing for social media, websites and press releases, creating great graphics, flyers and posters and simple filming, editing and live streaming. Please contact Paul Fillery (details below) if you are coming.

CREDITON FOODBANK

The foodbank is particularly low on tinned items: vegetables especially sweetcorn, ham and corned beef, rice pudding and custard. They also need cereals, coffee, sugar and UHT milk and toilet rolls. Thank you to everyone who contributes either in the boxes at the back of St Swithun's or by the tills at Tesco and Morrisons.

IN YOUR PRAYERS

- Pray for individuals who have the coronavirus and the families, communities and businesses also affected by the epidemic.
- Pray for those we know who are having health problems, who are waiting on test results, who are nearing the end of their lives. Remember too their families and carers.

Sunday readings: Isaiah 58:1-9; Psalm 112:1-9; 1 Corinthians 2:1-12; Matthew 5:13-20

The readings this week echo the theme of light from last Sunday's beautiful Candlemass prayers. Sometimes when we are in a dark place, hurting or full of anxiety or fear, then phrases like 'the light of Christ' can seem irrelevant. But when we switch a light on, all darkness is gone, everything shows up, good and bad. The difference with letting the light of Christ into our dark places is that his light doesn't just reveal what's there, if we let it - it can transform and heal and restore. Amen.

Clergy – Revd Paul Fillery tel: 01363 777372 email: paul@pfillery.plus.com