

THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

3RD MAY 2020

Welcome to this Sunday's service which you can join at 10am online or catch later.

BUY A CUP OF COFFEE FOR ST SWITHUN'S

You will recall that on Stewardship Sunday in March Paul asked us all to review our giving and by adding just the equivalent of a cup of coffee to our weekly donation our church finances would be much healthier. Firstly Paul would like to give a very big 'thank you' to those who responded, the coffee cup chart is filling up very nicely! Some folk had mentioned to Jim that they would like to increase their giving – but then along came the lockdown and a different lifestyle hit us all. If you would still like to respond, then please contact Jim by phone or email and it can be arranged. tel: 774101 or jimlongview22@talktalk.net

DAVID STILL

On Tuesday please remember Ann and the family as they hold David's funeral at Exeter Crematorium. Only immediate family will be able to be present which will make it hard for them and other friends and family who in normal circumstances would have shared this together.

KEY WORKERS

How creative and colourful the rainbow pictures supporting key workers and the NHS have been on windows, on lambs and even whole house fronts! But have you thought that from God's perspective we, the church are his key workers? We are to pray, to dispense hope, to listen and throw a lifeline that Jesus is right here in the suffering and fear. An Exeter Church has offered a logo of praying hands which you could download and put in your window to show just that. Go to www.rediscoverchurch.com/praying If you do not have a printer, but would like an A4 copy just email me and I will get it to you.

LECTIO365

This is a wonderful free app you can download which gives a thoughtful 10 minute start to the day. Paul has shown us how to use the lectio divina method of reading a bible passage and stopping when a word or phrase catches us and this app uses the same idea. From now until Pentecost the theme is 'prayer' based on Pete Greig's book 'How to Pray'.

PRAYER

This is from Pete Greig's book 'How to Pray' and the following prayer a daily one from the lectio365 app. *Our English word 'prayer' derives from the Latin 'precarious'. We pray because life is too precarious or too marvellous for us. Because we often find ourselves lost for words, but not for the simplest words like, 'please', 'thank you', 'wow' and 'help'. We pray because, as the Canadian psychologist David G. Benner says, **prayer is 'the soul's native language.'***

**Father, help me to live this day to the full,
being true to you in every way.
Jesus, help me to give myself away to others,
being kind to everyone I meet.
Spirit, help me to love the lost,
proclaiming Christ in all I do or say. Amen**

Last week I asked you to email any thoughts or news you wanted to share with others – so here is one to get you started from Colin.

'We have come to see ourselves as lords and masters of the Earth, entitled to plunder her at will. The sickness evident in the soil, in the water, in the air, are symptoms that reflect the violence present in our hearts. We have forgotten that we ourselves are dust of the Earth; that we breathe her air and receive life from her waters'. (This is a quote from an encyclical of Pope Francis and was used by Isabella Tree in her book 'Wilding'.)

SANDFORD SCARECROW TRAIL

FOSS (Friends of Sandford School) have taken over the organisation of this summer activity and the theme this year is 'Jobs People Do'. If you are looking for a challenge with time on your hands, then making a scarecrow may excite your creative juices. Certainly the more scarecrows the merrier. Do let Rosanne know if you are making one. (If anyone wants to make a vicar I can offer an old clerical gown - in fact we do have a variety of costumes in our Open the Book chest of clothes, but more suited to the Middle East BC than to this century's jobs.)

RECEIVING PAUL'S SERVICES

Remember if you are on Facebook Paul will be live streaming the service for Sundays and on Wednesdays there will be live streaming of Wednesday prayers. If you are not on Facebook but want to catch the recording go to: <https://www.facebook.com/saintswithunschurchsandford/> (It will keep asking you to either sign in to Facebook or join up but just click NOT NOW). Then scroll down until you see Paul's video and click PLAY. The recordings can also be found on our website (see top of this page) so make sure you stay in touch!

SUNDAY'S READINGS: Acts 2:42-47; Psalm 23; 1 Peter 2:19-25; John 10:1-10