

THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

24TH MAY 2020

Welcome to the end of our eighth week of lock-down. With the media constantly reminding us that it is 'normal' to feel depressed, anxious, fearful or stressed during this period, I have found it lovely to have chance conversations with people who have been glad of the extra down-time ... to spend as a family ... or without the pressure of going to work in a stressful job ... to have time to reflect on life and make changes ... and even someone whose job is quite sedentary and has lost two stone in this time simply by walking an hour a day. I came home from one encounter with a big smile and was reminded that we may all be in the same boat, but how we react to it is down to each one of us.

JUST 5 -THY KINGDOM COME

During the last few years we have been encouraged to think of 5 folk to pray for daily during these 10 days (Thursday 21st to Sunday 31st) whom we would like to see come to faith in Jesus. They may not know it yet but the greatest thing we could do for them is to pray that they know how much they are loved by God, how precious they are to him and how he has a purpose for their lives. So let's keep going.

VIRTUAL PRAYER ROOM

As churches remain closed, the Diocese has booked a virtual Prayer Room for the 10 day 'Thy Kingdom Come' period. If any of you have used ZOOM you can imagine how this will go. **Sandford Parish has been allocated Sunday 24th 6-7pm and Friday 29th 10-11am.** If you can join in either of these times do let me know so that I can give you the password. You may be able to participate for only a few minutes but there is great power in praying together.

SUNDAY'S READINGS: ACTS 1:1-14; LUKE 24:44-53

These readings describe the Ascension of Jesus - remember that Luke the Greek doctor and writer of these two books made a point of talking to people who had actually witnessed it. To me it is amazing that the disciples returned 'with great joy' having seen the Messiah leave them for ever. We know the next bit of the story (Pentecost, when the Holy Spirit would come) but they didn't! Like them we are in a waiting period but all the concentrated praying that is going on throughout the world as part of 'Thy Kingdom Come' is like a joyful Mexican wave of prayer going round and round the globe. I hope you catch some of that joy this week.

THIS IS MY PERSONAL THANK YOU TO THOSE WHO HAVE CHEERED AND IMPRESSED ME THIS WEEK:-

- To all the local food retailers, the bakers, butchers, greengrocers, dairy deliveries, small village shops like our Community Stores as well as our lovely local supermarkets with their cheerful, helpful and hard-working staff.
- To local businesses at Lord's Meadow and in the surrounding area who have found innovative, creative and safe ways to keep on trading.
- To the care workers who daily visit and care for people in their homes, often sacrificially.
- To Alan Quick who is keeping the Crediton Courier going single-handedly and always looks for news that is positive and praiseworthy.
- To Rachel Vowles who runs the weird and whacky Parish quiz night each Monday evening

Have a good week, stay safe and well and know that however you feel God is right there with you, closer than your next breath and that you are uniquely precious in his sight, always.

And now for some of those garden pics ... thanks so much to Jim and Rita and Elaine and Keith. So nice to see you again!
Do send in yours ... but remember at least one needs to have a person in it.



Rita doing some Weeding



Rita's Flower Beds

