

THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

SUNDAY 5TH JULY 2020

CHURCH BUILDINGS OPEN - ST SWITHUN'S ON TUESDAYS FROM 10AM -12PM

St Swithun's is now open on Tuesday mornings. Enjoy the peace and quiet and take a slow, deep breath while you feel thankful that you can be there and be part of a stream of prayer that has gone on in this place for hundreds of years.

CHURCHYARD

Whether you are able to come to St Swithun's Church or not on a Tuesday morning the churchyard continues to be cared for. So a big thank you to Bert and Margaret Jewell for trimming around the bases of all the lime trees along the road wall and taking away the greenery. Thank you to Keith and Elaine who have given us an unwanted garden bench which is now in the newest part of the churchyard. And finally thanks to Anne Tucker who has brought along some plants for the wild flower area (verbascum, verbena and feverfew) and promises some yellow rattle for the autumn. As we planted them we admired the array of poppies, candytuft and knapweed there.

CREDITON FOODBANK

If you are able, please continue to support this either by donating in the boxes by the tills at Tesco or Morrisons or making a donation online to Crediton Foodbank, sort code 40/20/30 and a/c no. 12600641. Recent figures show a rise from 147 people fed in April 2019 to 637 in April this year. In May last year 144 families used the foodbank, this year it was 564. These are essential stopgaps for families who would otherwise go hungry.

ST SWITHUN'S ONLINE GIVING

Thank you to those who have used this facility to give online. Just a reminder that if you wish to donate via Facebook go to the St Swithun's Church, Sandford, Facebook page and click on the **small green-cross logo** at the top left and then click on **donate** at the bottom left. To donate via our Website go to our web page sandfordparish.org.uk click on **contact** and then click on **donate**.

IT TAKES A VILLAGE TO RAISE A CHILD

This old African proverb reminds us that the raising, teaching and supporting of a child is the responsibility of the whole community. And indeed we are so blessed to have children and teenagers living around us. We will soon see a scattering of scarecrows around the village as Sandford school and FOSS take on this competition and families will walk the trail through the summer holidays. With teenagers in mind the Parish Council is trying to raise money for a basketball net and backboard through a community scheme sponsored by CALOR to give them something more to do. Homeschooling has been hard for children and teenagers, particularly socially missing out on being with their friends and taking part in summer sports. Do get to know the ones near you and pray for them and their parents, they are an important part of our being a healthy community.

IN YOUR PRAYERS – REMEMBER

- Small businesses eg food and drink outlets and small independent retail outlets as they open up this weekend. We need them on so many levels so as well as praying please support them with your custom.
- Those who have health issues which the NHS has put on hold for months and so as well as lockdown they have had 'low level' health problems which daily make life uncomfortable, difficult and anxious.. Pray that they are able to be seen very soon.
- To be thankful for the big and little things in your day. And remember those in other parts of the world whose daily life is so fragile that Covid19 pushes them over the edge.

READINGS: Zechariah 9:9-12; Psalm 145:8-14; Romans 7:15-25 and Matthew 11:16-19, 25-30