

THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

25TH OCTOBER 2020

SUNDAY COMMUNION – St. SWITHUN’S CHURCH, SANDFORD AT 9.45AM

Welcome to our communion service. We meet at 9.45am when Paul shares the notices and then we are joined at 10am by our online congregation. Due to Covid restrictions we have to keep all the doors open for a free flow of air so do remember to wear an extra layer of clothing on Sunday mornings.

WEDNESDAY PRAYERS – 9.30AM ONLINE

Due to present Covid restrictions, the reflective prayer time is still being live streamed from the vicarage kitchen. A big thank you to Paul for helping us to recentre our focus with God in these troubled times.

COMMUNITY ACT OF REMEMBRANCE IN THE SQUARE - 8TH NOVEMBER

Due to Covid-19 we will sadly be unable to hold our Community Act of Remembrance in the Square. Therefore our Remembrance Day service will be held in St Swithun’s Church starting at 10.15am and will include an Act of Remembrance as part of the service (i.e. two minute silence and playing of the Last Post and Reveille).

Due to the need for social distancing and the size of the church, attendance at the service will have to be strictly on a booking basis. Any who wish to attend must book their seat via this email address stswithunsbookings@gmail.com This will serve to help Track and Trace and plan for seating in the church so as many as possible can attend safely.

In addition Paul has suggested to the Parish Council that any who wish may like to stand in their doorways at 11am and listen for the church clock and observe the two minute silence together as a community that way.

The service will also be broadcast live via our Facebook page for any who wish to attend online.

St SWITHUN’S CHURCH – RUNNER UP IN DEVON’S BEST CHURCHYARD COMPETITION

On Friday morning Penny Mills from CPRE Devon came to Sandford with Ivan Buxton, one of the judges and trustees of CPRE, to present us with a handsome oak plaque celebrating our success. It was all the more special as we entered the competition before lockdown in March and then heard nothing so assumed it was not happening this year. Ivan’s comments were, ‘The scarecrow in the porch, the water bowl for dogs, a well used bug hotel, plenty of benches ... these were just some of the things that were evidence of this being a nice welcoming churchyard for both people and wildlife.’

BEACON CHURCH

The church may have been shut due to Covid but the folk there have used the time to assess the fabric and realise that both the roof and windows are in urgent need of repair. Grants have been applied for and obtained and scaffolding is already in place for work to start. The long term plan is to see the building used not just as a church but also as a focal point in New Buildings for community events. Our best wishes for a speedy recovery also go to Mike Davis, Beacon’s representative on the PCC, who had a knee replacement operation this week.

BOUNTY TABLE

The Bounty Table is reappearing every fortnight, from **next weekend**, with fresh produce, plants, preserves and baked goodies. Please prepare and bring any surplus items you may have and come ready to take something away and make a handsome donation to church funds.

CLEANERS

A big thank you to the cleaning team who got back in the swing of things and swept, dusted and polished the church on Thursday. As well as being Covid safe and secure by Sunday, the church will also smell and look cared for again. Thank you too to the flower arrangers who ensure each Sunday there are fresh flowers to lift our spirits.

CREDITON FOOD BANK – OUR RESPONSE

We would like to step up our support for this important charity right on our doorstep so each week we will find out that week’s needs and let you know. If each of us brought just one item weekly that would make a big impact. **This week it is toothpaste, biscuits and tinned meat.** Cash donations also mean they can buy fresh produce.

GROW – EQUIPPING GOD’S PEOPLE TO SERVE WITH JOY

This is a new series of free taught online courses to enable lay people to grow in their service to God and the church. This autumn there are sessions on Pastoral care, Leading worship, Small group leadership and Administration with full details on the Diocese of Exeter website. Do carefully consider if you would like to follow one and **talk to Paul about signing up**. God has given all of us skills to use to benefit others and share his love, this training helps us focus on ours.

ALL ONE BODY

If you are someone in a stressful job, or you have to wear a mask all week at work, and right now you need your weekends as restful downtime, please don't feel bad about not coming to church on a Sunday. If you are shielding because of work or because you are caring for others or for your own health reasons, please don't feel bad about not coming to church on a Sunday. Know that we miss you, love you and pray for you and look forward to the day when we can all properly be together again. Meanwhile don't forget you can join in or catch up later via our website or our Facebook page. So do keep in touch!

IN YOUR PRAYERS

- Do remember those who are worried and fearful for the future because of financial uncertainty. Pray that they will have someone to talk to and that they will get the support they need. Pray that they will find that God is right beside them, a strong presence.
- Remember those who are ill or dying and the families caring for them. Pray that they will be well served by medical teams and they will have the assurance that God cares.
- Pray for our politicians and all world leaders that God would give them wisdom and discernment and that they would have the courage and humility to make the right decisions.

SUNDAY'S READINGS: Leviticus 19:1-2,15-18; Psalm 1; 1 Thessalonians 2:1-8; Matthew 22:34-46

A few verses from the gospel reading today are central beliefs and lifestyle for followers of Christ. *Jesus replied, 'You must love the Lord your God with all your heart, all your soul and all your mind. This is the first and greatest commandment. A second is equally important: Love your neighbour as yourself.'* There is so much to mull on, think over and challenge in these words. But I can trust a God who has love at his core. These words both liberate and scare me!