

THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

1ST NOVEMBER 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.

COMMUNITY ACT OF REMEMBRANCE IN THE SQUARE – SUNDAY 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.

THANK YOU – BEHIND THE SCENES

A big thank you to three ladies who do a great deal to keep us current and up to date. Firstly to Rosanne who is secretary to the PCC and efficiently carries out a great deal of administration. Then to Linda who as well as being Church Warden manages our website. Finally to Suzie who administers our FaceBook page. Thank you, we really couldn’t manage without you!

BOUNTY TABLE

The Bounty Table is reappearing every fortnight, **starting this 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.

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 let you know that week’s needs. If each of us brought just one item weekly that would make a big impact. **This week it is sugar, toilet rolls and squash.** Thank you so much to those of you who are regularly and generously supporting this cause.

RONALD’S RENOWNED CHRISTMAS PUDDINGS

Once again Ronald is making a limited number of his famous 1lb Christmas puddings (including gluten free) so is taking orders. There is a suggested donation of £10, all proceeds this year to Crediton Food Bank. To order yours, phone 01363 772421.

SAFEGUARDING

The Church takes very seriously the matter of both Child Protection and Adult Safeguarding. If you have concerns about a child, whether that be regarding physical, sexual or emotional abuse or neglect, please speak to the Safeguarding Officer of the Church (Colin Clark) to discuss your concerns - or call the Multi Agency Safeguarding Hub on 0845 155 1071.

If you are worried about a person over 18 who may be at risk of exploitation or abuse, or who is vulnerable and needs some help due to physical or learning disability, incapacity or ill-health, please discuss your concerns with Sarah or call Care Direct Plus on 0845 155 1007.

It is better for several people to mention something and raise concerns, than for no-one to speak out and a child or adult not receive the support they need.

IN YOUR PRAYERS

- Pray for those who have felt ‘robbed’ by the restrictions of the pandemic – those who have had a baby but not been able to access the support groups and networks normally there, who have had funerals, weddings and special family celebrations disrupted. Those who have had surgery cancelled or not been able to access the health service and live in pain and discomfort.

- Pray for those in the world who feel desperate in situations beyond their control, dreadful floods in Cambodia, starvation in Yemen, the families in Nice grieving after the knife attack in Notre Dame church and migrant families who take terrible risks to make a better life for themselves and particularly the whole Kurdish family who drowned in the Channel on Thursday.
- On All Saints Day take a moment to be thankful for those saints in your family who served God faithfully. Remember to pray for your children and grandchildren and the children in your extended family that they 'would have a heart to know God.'

SUNDAY'S READINGS: REVELATION 7:9-17; PSALM 34:1-10; 1 JOHN 3:1-3; MATTHEW 5: 1-12

A lot of bible and meditation Apps have appeared this year. I have sometimes used Lectio365 from the 24/7 prayer movement. This week it has been focussing on the 'strange land' we find ourselves in due to the pandemic. Each day has included this Prayer of Approach which is so fitting – worth memorising or copying out and sticking up somewhere.

*Lord in these dark and difficult times, grant me grace to seek your face with undiminished love.
Replenish my reserves for the road is long.
Surprise me in the coming day with glimpses of your goodness, hints of your holiness and a song of hope in this very strange land.
Amen.*