

THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

15TH NOVEMBER 2020

Sunday service – 10am online on Facebook or catch it later on the parish website. There will be no collective worship in the church through November.

WEDNESDAY PRAYERS – 9.30AM ONLINE

The reflective prayer time continues from the vicarage kitchen. Our thanks to Paul for offering us an oasis of peace and reassurance at this time.

QUIET PRAYER – FRIDAY 20TH NOVEMBER

St Swithun's will again be open on Friday morning between 10am and midday for private prayer. A mask must be worn and a steward will be in attendance. Paul is hoping that folk will take this opportunity to come in and pray for the nation and the world.

PAUL AND TRACEY

Those of us who were able to join in online with last Sunday's Remembrance Day service which Paul recorded from the church, will I'm sure want to join me in thanking him for a beautiful and poignant event. And having Tracey there making the responses we would have made, made it feel personal as if she was representing us. Thank you both of you for the tremendous work you put into each online service you produce, they have been quite special.

THE SECOND LOCKDOWN – AND 6PM NATIONAL PRAYER

However we feel about this and wherever we are, we have an opportunity to stop at 6pm and join with the Archbishops of Canterbury and York and people around the nation and offer up a prayer. Both the Anglican and Exeter Diocese website have different daily prayers we could use during the lockdown. Or we may have things on our own hearts we want to bring to God.

CREDITON FOOD BANK – OUR RESPONSE

As the church will be open on Friday mornings the Food Bank box will then be placed in the porch. This week's needs are **puddings especially rice pudding and custard**. If you wish to leave donations on other days simply leave them in the church porch, the gates there are never locked. Or you can continue to support the Food Bank by making a financial donation online, the account name is Crediton Foodbank, sort code 40/20/30 and a/c no. 12600641. However you donate, thank you.

GIVING

Firstly Paul and the PCC would like to thank everyone who has continued to faithfully and generously make financial contributions towards God's work and the running of the churches through the year. Obviously bills still have to be paid and the work of the church continues whether the buildings are open or closed! But we do also now have the facility for people to make online donations. One is by logging on to our Facebook page and follow the secure link to make a donation. Or go on to our website, scroll down to the bottom of the page and follow the donate instructions. Thank you again to everyone for your support of money or time or talents or prayers, all of them make us a joined up community.

THANK YOU!

A big thank you to our gallery cleaners and tidiers who continued Peter Allsop's good work. The Gallery Crew of Paul Fillery, Colin Clark, Chris Tucker and Peter Smith can be hired at quite reasonable rates and the results are pretty spectacular. Well done guys!

RONALD'S RENOWNED CHRISTMAS PUDDINGS – LAST ORDERS PLEASE!

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.

THE GIVING MACHINE

If you do a lot of online shopping for Christmas or any other time, do remember to use the Giving Machine which generates extra money for your nominated charities. **PCC Sandford & Upton Hellions** is registered on the site and has benefited from shoppers remembering to use it. If you have not yet registered as a Giver it is quite straightforward, just go to the website www.thegivingmachine.co.uk

IN YOUR PRAYERS

- Remember all those who are ill or unwell in any way and pray for those looking after them in their own homes or elsewhere.
- Pray for our leaders of all institutions, national and local government, business and commerce, education, justice and health. Pray that they will have the humility and courage to ask for the wisdom they don't have and that they will have wise advisors to help them dispense it.
- As you pray for yourself remember that we each have only one life to live, this isn't a rehearsal! Live each day with joy and generosity, with love and honesty. Be kind to yourself – and others.

SUNDAY'S READINGS:- Zephaniah 1:7,12-18; Psalm 90 1-12; 1 Thessalonians 5:1-11; Matthew 25:14-30

There's a song I like which takes the idea that we represent Jesus to others with our hands, words, actions etc. The last line of the chorus is '*Even in just a smile, they feel your love.*' Think about that this week, imagine if everyone you smiled at felt a sense of peace or a surge of joy, a lifting of anxiety or the solution to a problem. Know that as you smile at someone the love of Jesus leaves you and touches them. What game changers we could be!