

# THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

22<sup>ND</sup> NOVEMBER 2020

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**Sunday service – 10am online on Facebook or catch it later on the parish website. If you listen well the collect should sound familiar as today is Stir Up Sunday. It is the last Sunday before Advent when traditionally everyone had a chance to stir the Christmas puddings and to make a wish.**

## 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 27<sup>TH</sup> 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.

## THE SECOND LOCKDOWN – #PRAYERFORTHE NATION

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 **any food items to go into a Christmassy parcel**. 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.**

## POTTED UP PARSLEY?

Ronald has some herbs potted up which would see you through the winter, contact him directly on 772421 if you would like some.

## CONNECT

Connect youth workers are trainees supported entirely by local churches, who work in a variety of youth clubs and local secondary settings including QE college. You can watch a video of Lydia and Dave talking about what they have been doing this COVID term on the Crediton Connect website. Do support them in prayer - and financially too if you are able.

## WE ALL NEED SOMETHING TO MAKE US SMILE

This is taken from the archives 90 years ago and has a certain relevance to our PCC today!

**Sandford – Hellions** – special thanks to the Vicar of Lamerton and Mrs Edwards in coming over for Harvest. Mr Edwards sang in his usual vigorous style and was ably accompanied by the organist, Mrs Raymont. His fine rendering of selections from Haydn's 'Creation' was the crowning glory of our Festal Evensong. The proceeds of the Festival yielded close on £10 so our PCC can now easily face the pressing problem of a new Heating System for the Church.

## BIRTHDAY WISHES

Happy Birthday tomorrow to Rita on a **very** special birthday, thank you Rita for all that you do and the joy and dedication you put into everything. And it's also Ann (Houlston)'s birthday tomorrow. Let's continue to remember her and the family in our prayers.

## IN YOUR PRAYERS

- Pray for our school children and students, their teachers, helpers and all who work with children in any way. Our young people are stepping into a very different and uncertain future,

- pray that they will be prepared and full of wisdom, hope and joy.
- Pray for the Crediton branch of Citizen's Advice Bureau and other advisory groups like CAP who are dealing with an increased number of referrals from desperate families needing advice.
  - Continue to support local businesses in every way you can – we need them and they need us.  
Pray for our local entrepreneurs and those in business that they continue to find creative ways to trade and flourish.

**SUNDAY'S READINGS:** Ezekiel 34:11-16, 20-24; Psalm 95:1-7; Ephesians 1:15-23 and Matthew 25: 31-46

This prayer by theologian Tom Wright was part of this week's #PrayerForTheNation (see above)

*Loving Father God,*

*be with us in our distress;*

*be with our families, friends and neighbours, our country and our world.*

*Give health to the sick, hope to the fearful and comfort to mourners.*

*Give wisdom to our frontline and key workers, insight to our Government and patience to us all.*

*Overcome disease with the power of your new life, through your Son, Jesus Christ our Lord.*

*Amen.*