

THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

8TH NOVEMBER 2020

REMEMBRANCE SUNDAY – 10.25AM ONLINE

Welcome to our online Remembrance Day service which will be broadcast by Paul from St Swithun's Church but with no congregation. This is one of those occasions when usually we turn out as a community to remember local people who died in former conflicts as well as those from our own families. This year you can join in on Facebook through until the two minute silence at 11am and if you wish then, stand outside your front door in silent remembrance while the church clock chimes.

WEDNESDAY PRAYERS – 9.30AM ONLINE

The reflective prayer time resumes this week from the vicarage kitchen. Our thanks to Paul for offering us an oasis of peace and thoughtful truth at this time.

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

Obviously for the next month we cannot collect groceries at church and take them to the foodbank. But we can continue to support it either by leaving items in the boxes at Tesco and Morrison's or 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.

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 Colin 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.

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 benefitted 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

RICHARD HOULSTON

Remember Ann and her children Paul, Mark, Jenny and Jamie and the wider family and friends on Monday morning for Richard's funeral at St Swithun's. In ordinary times many of us would have attended his funeral, but please feel free to donate to Cancer Research UK via Andrew White (funeral director) and support the family this way.

THE WEEK AHEAD.

Apparently about 30% of the population suffer from some form of insomnia. And in these difficult times when so many people (including children) are anxious or depressed it is probably higher.

In Psalm 3:1-6 David says '*O Lord, I have so many enemies: so many are against me. So many are saying, 'God will never rescue him!' But you, O Lord are a shield around me; you are my glory, the one who holds my head high. I cried out to the Lord, and he answered me from his holy mountain. I*

lay down and slept, yet I woke up in safety, for the Lord was watching over me. I am not afraid of ten thousand enemies who surround me on every side.'

How could David sleep so well when so much was against him? The answer is in verse 4, '*I cried out to the Lord and he answered me.*'

What enemies are we facing? What thoughts, fears or worries cause us to lose sleep? Take time to 'cry out to the Lord' and then claim the three fold blessing of verse 4 over yourself this week, that God would shield you, honour you and lift your head to see his face.