

# THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

21<sup>ST</sup> FEBRUARY 2021

---

There is no service from St Swithun's through February but during this month why not join another church – here or anywhere around the world. This is your chance to church-surf from the comfort of your armchair! You can travel just up the road and follow CreditonParishChurch on facebook, join Exeter Cathedral or even leave the county.

## PARISH LIST

For many years the church has had a contact list which included the name, address, phone number and email address of members of the three churches. A digital or paper copy was then sent to everyone on the list. Keith and Carole are now updating it. Please contact Keith [keithstanlake939@btinternet.com](mailto:keithstanlake939@btinternet.com) if you wish to come off the list or would like to be included on the list. The Parish List has only ever been for the private use of those on it and would never be offered to any other person or organisation.

## CREDITON FOOD BANK

The food bank is still very much in use. If you wish to help there are designated boxes by the tills at both Tesco and Morrison's or you could make a cash donation. **Crediton Foodbank, sort code 40/20/30 and a/c no. 12600641.** Thank you for caring for those who are in the difficult position of needing to use the Food Bank.

## LENT – RANDOM ACTS OF KINDNESS

There are lots of lent courses or apps you could use to study at home or join others in an online course. These are all ways the Christian family around the world walks with Jesus through the 40 days of preparation that leads to the glory and wonder that is Easter. But whatever you choose to give up or do I loved the creative idea of 'random acts of kindness' through Lent. From dropping some flowers into a neighbour you rarely see, to picking up litter the next time you go for a walk, or taking a handmade thankyou card to the place you do most of your food shopping. Why not challenge yourself with some random acts of kindness? And at the end of lent we could share some of them to see just what a creative lot we are.

## FAIRTRADE FORTNIGHT (22 FEBRUARY – 7 MARCH)

The Fairtrade Foundation continues to work hard to reduce poverty, sustain communities, minimise and adapt to climate change and improve education in developing countries. Normally this fortnight would be marked by a variety of events in markets and churches to highlight the work they do. Even so when you buy food or any other product over the next fortnight, have a mind to where it comes from, who you are supporting when you make a purchase. And thank God for local food producers as well as those around the world and pray that they get a fair price for their product.

## THESE WORDS ARE FROM POPE FRANCIS

### 'DO YOU WANT TO FAST THIS LENT?'

*Fast from hurting words and say kind words.  
Fast from sadness and be filled with gratitude.  
Fast from anger and be filled with patience.  
Fast from pessimism and be filled with hope.  
Fast from worries and have trust in God.  
Fast from complaints; contemplate simplicity.  
Fast from pressures and be prayerful.  
Fast from bitterness; fill your hearts with joy.  
Fast from selfishness and be compassionate.  
Fast from grudges and be reconciled.  
Fast from words; be silent and listen.*

## START THE WEEK WITH OPEN CHURCH

On Mondays the church will be open from 10.30am -11.30am through the rest of the lockdown. Come along for a quiet moment, private prayer or just somewhere different to sit and be. You could use the words from Pope Francis as a meditative check list.

## Annual Parochial Church Meeting (APCM)

The **APCM** will take place on Sunday 18th April at 11.00am – details of location to follow. This year

we will be electing 2 churchwardens, 9 PCC members and 1 Deanery Synod representative. In all cases, anyone on the Church Electoral Roll who is a communicant and willing to be nominated (proposer and seconder required) can stand for election. Please note that persons are disqualified from serving in any of these roles under a variety of conditions which are detailed on the nomination forms. You will also be required to complete 'a Fit and Proper person' declaration.

**Churchwardens** serve for a term of one year, maximum six consecutive years

**PCC members** serve for 3 years but are able to retire at any time during this period if they wish to do so. They can stand for re-election. The PCC normally meets about 6 times a year.

**The Deanery Synod representative** will be elected for a period of two years to fill a vacancy.

**Want to know more?** If you are interested in any of the above or would like some more info, please could you speak to one of the current churchwardens, Chris Tucker and Linda Bennett-Smith, or Rosanne Baker, the PCC secretary.

**Sidespeople** are no longer appointed at the APCM but will be elected by the PCC. If there are any sidespeople who wish to retire or if there is anybody who is interested in becoming a sidesperson, please could you speak to Rosanne.