

# THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

28<sup>TH</sup> FEBRUARY 2021

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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 Crediton Parish Church on facebook, join Exeter Cathedral or even leave the county.

## 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.

## REFLECTIVE PRAYER

Led by Paul, this oasis of stillness from the vicarage kitchen returns on **Wednesday** mornings at 9.30am on Facebook and is also posted on the Parish website.

## IRENE SPENCER

Irene died last weekend at a care home in Tiverton at the age of 102! She had lived in the village and been a very active member of St Swithun's for well over 40 years. Originally from the Bury area she never lost her northern accent or her directness but this tiny, feisty lady had a kindness and a sparkle in life which we will all remember.

## BRIAN POSTANCE

The funeral was held this week for Brian Postance who with his wife Janet lived at Upton Hellions and for a while were members of St Swithun's where Brian was on the PCC. When Janet died he moved away from the area but is now reunited there in St Mary's churchyard with her. The family had put the words 'Dancing into Heaven' on Janet's headstone – we can imagine them doing that together now.

## 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. This enables the Food Bank team to buy much enjoyed fresh produce for the food parcels. **Crediton Foodbank, sort code 40/20/30 and a/c no. 12600641.**

## 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.

## ELECTORAL ROLL FORMS

This is the time of year when Alison, our electoral roll officer reviews the register and if you have joined us in the last few months, she may well approach you and invite you to fill in a form. Alternatively please ring Alison on 866204 or email [astoyle@btconnect.com](mailto:astoyle@btconnect.com) and she will send you the form. If you are already on the register because you filled in a form last year then you need do nothing more. As well as giving you an opportunity to vote at the AGM or be on the PCC, signing a form is your way of saying '**I belong.**' So whether your connection is with St Mary's or Beacon or St Swithun's please sign a form and return it to Alison.

## CHURCHYARD - THANK YOU

Thank you to Ronald and Mary Rose who took advantage of the sunny weather to prune the beautiful golden rose in the Burrington grave to the right of the church porch. We would like to plant up the plot around the rose with anything low growing such as lavender so if you have any cuttings that might be suitable or wish to make a donation towards any plants please contact me. Similarly if you have any rooted cuttings for other parts of the churchyard eg buddleia or foxgloves they would be most appreciated.

### **IN YOUR PRAYERS**

- ◆ Give thanks for the ongoing success of the vaccine programme and for the scientific proof of its effectiveness in cutting transmission of Covid and be thankful for all those involved – from the science labs through to the teams doing the vaccinating. Thank God too that we are offering and delivering vaccine supplies to countries in Africa.
- ◆ Pray for teachers and staff who are working hard to prepare for a full reopening of colleges and schools next week. Continue to pray for these young people who have had such an interrupted year.
- ◆ Both the early spring weather and the announced roadmap which marks the slow easing of lockdown restrictions are reasons to be thankful and even joyful. As you thank God ask him to show you specific things to pray for into the future.

**SUNDAY'S READINGS:** Genesis 17:1-7, 15-16; Psalm 22:23-31; Romans 4:13-25; Mark 8:31-38

Looking through these readings my heart sang when I read the portion from Psalm 22. We really neglect the psalms and it's our loss. Listen to this from verses 27/8. *'The whole earth will acknowledge the Lord and return to him. All the families of the nations will bow down before him. For royal power belongs to the Lord. He rules all the nations.'* When we see crazy or dreadful things happening around the world we have to remember that God is not powerless or indifferent. Standing on these verses we can confidently pray from the Lord's Prayer, **'Let YOUR will be done and YOUR Kingdome come.'**

### **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.