

# THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

7<sup>TH</sup> MARCH 2021

---

**WELCOME TO OUR ONLINE SUNDAY SERVICE AT ST. SWITHUN'S CHURCH, SANDFORD AT 10AM.**

You can join in with Paul on Facebook or on the Parish website.

## **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.

## **REFLECTIVE PRAYER**

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

## **SHOE BOXES, POSTCARDS AND STAMPS FOR CHARITY**

Do remember that Pamela is collecting unwanted used and unused postcards for MAF, you can leave them in the porch at St Swithuns or drop them in at her home, Hope Cottage. Margaret collects postage stamps for Hospiscare and shoe boxes for the Christmas Shoe Box appeal. You can give them to her at 14 Crofts or leave them at the shop. Thank you for your support.

## **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.** Thank you for your giving.

## **LENT – RANDOM ACTS OF KINDNESS**

Paul's reflection on Wednesday morning took some words from Saint David's last sermon at the end of the sixth century in which he encouraged his listeners to 'Be joyful, keep your faith, and do the little things you've seen me do.' That idea to 'do the little things' sits well with our challenge this Lent to do random acts of kindness. So keep going!

## **FOUNDATIONS IN CHRISTIAN MINISTRY**

If you feel a nudge towards developing your gifts for ministry in our local church or wanting to deepen your discipleship this is a super course. It lasts a year, over seven Saturdays, with topics such as Spirituality, Pastoral Care, Teaching from the Bible and Theology. Do email me if you want to know more about it, applications to be in by Easter. I have to say I loved it!

## **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.

## **IRENE SPENCER**

Irene's funeral is at Exeter Crematorium on Tuesday afternoon. If you wish to make a gift in her memory, the family have chosen to share donations between Dementia UK and Ashdown Care Centre where she spent her last few months. Contact Funeral Directors Andrew White.

## **A (LITTLE) PRAYER FOR THE WEEK (FROM ST DAVID AND MOTHER THERESA)**

*Dear Father God, help us to be joyful, to hold onto our faith and to do the little things. We know not all of us can do great things, but we can all do small things with great love. Amen.*

## **SUNDAY'S READINGS: Exodus 20:1-17; Psalm 19; 1 Corinthians 1:18-25 and John 2:13-22**

With the Parish Post this week is an attachment **The Creedy Ministry Hub** which describes the vision behind the term. It is exploring how 'church' might look in our area. It has been put together by our Rector Matthew Tregenza and the Lay Chair of our Deanery Laura Armstrong who lives at Kennerleigh. God also gave them a verse to accompany it from Isaiah 43:19, 'See, I am doing a new thing! Now it springs up; do you not perceive it?' As we consider and pray about the future here in

Sandford let's be open to the new things God offers us.

### **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.