

THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

21ST MARCH 2021

WELCOME BACK TO THE COMMUNION SERVICE AT ST SWITHUN'S FOR THE 5TH SUNDAY OF LENT. We meet at 9.45am in church and at 10am join with everyone through live streaming on Facebook or later on the parish website. Whether you are able to be in church or not, there will be a real buzz about the church being open again.

A YEAR REMEMBERED - TUESDAY 23RD

It was one year ago today that the first lockdown began so the Anglican church with the charity Marie Curie are marking the day as a time of remembrance. It has been a year like no other and St Swithun's will be open from 10.30am for anyone to come in for private prayer or reflection until midday when Paul will gather all our thoughts and rememberings and offer some prayers whilst a bell will toll.

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.

FLOWERS AND CHURCH DECORATING FOR EASTER

Elaine is heading the St Swithun's team, please get in touch with her if you wish to make a donation towards flowers or can offer flowers or foliage on the Saturday. If you wish to help arrange flowers she also needs to know so do contact her on elainestanlake@btinternet.com or tel. 775080.

CREDITON FOODBANK

Now that St Swithun's is open again the Foodbank boxes will be back in the porch for anyone wishing to donate. The items really needed right now are **toilet rolls, tinned potatoes and chicken soup**. If you want to make a cash donation, which goes towards buying fresh produce to supplement the food parcels the details are: **Crediton Foodbank, sort code 40/20/30 and a/c no. 12600641.**

CHRISTMAS ANGELS

You may remember the lovely angels that Margaret knitted for charity and were on sale in the village. Thanks to the donations for her 'angels of hope' Margaret has been able to send a cheque for £205 to Hospiscare and she would like to thank everyone who donated or helped. Well done Margaret!

IN YOUR PRAYERS

As we look back over the last year and look forward into what the next one brings, let's pray:-

- *for those struggling with anxiety and mental illness* - that they would be comforted and know God's assistance to be free of such burdens
- *for the grieving* - that those who have lost loved ones, lost jobs, lost opportunities, lost hope even, would know God walking beside them and reassuring them
- *for school, colleges, universities* - for students and all staff that with the energy and excitement of being together again, they also carry a gift of compassion from the Covid year that impacts the future
- *for small businesses* - that they would know God directing their steps and providing ideas and resources as they plan for the future
- *for churches* - that as they navigate opening the doors of buildings and celebrate being together again they nurture the connections that have been made with online congregations and the wider community
- *for those recovering from Covid* - that they would be totally restored and healed
- *for key workers* - that those who have tirelessly worked keeping the rest of us safe, fed and looked after are blessed

Father God, The World as we knew it has gone and so many around the world have experienced great hardship during this pandemic. As we prepare to walk into the future we pray for what the 'new normal' will look like. May the tender moments of seeing someone again and of reunions be all the more rich and treasured. Help us all to come out of this pandemic better not bitter. Help us to become more considerate of others, more aware how we can help each other and how we can serve you. Thank you that you have shown us and will continue to show us that your faithfulness is 'new every morning'. Amen.

Sunday's readings: Jeremiah 31:31-34; Psalm 51:1-12; Hebrews 5:5-10; John 12:20-33