

THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

28TH MARCH 2021

WELCOME TO THE 10AM PALM SUNDAY SERVICE AT ST SWITHUN'S, SANDFORD WITH OUR RECTOR MATTHEW TREGENZA. Palm Crosses will be in the pews waiting for you, please feel free to take them away afterwards. Please remember to wear a mask and use the hand sanitiser on entering the church. If you wish to follow a service online, try Holy Cross in Crediton or Exeter Cathedral or go to the Diocesan site and see what they offer for Palm Sunday.

SERVICES FOR HOLY WEEK

Maundy Thursday 7pm – Paul will livestream a meditation that takes us through the Last Supper and then we follow Jesus on to the Garden of Gethsemane.

Good Friday 2pm - There will be a meditation on the Cross at St Swithun's Church.

Easter Sunday – Beacon Church, New Buildings at 6.45am a sunrise service with Communion (sadly no bacon butties this year)

St Swithun's Church - Easter service with Communion (live streamed on Facebook) to start promptly at 9.45am so please come at 9.30am to be seated.

St Mary's Church, Upton Hellions at 11.15am – Easter service with Communion.

FLOWERS AND CHURCH DECORATING FOR EASTER – SATURDAY 3RD APRIL

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 for next Saturday morning. Also if you wish to help arrange flowers it would help her to know who is able to come, so do contact her on elainestanlake@btinternet.com or tel. 775080.

ANNUAL PAROCHIAL CHURCH MEETING

The APCM will be held on **Sunday 18th April at 12 noon on Zoom.** If you would like to attend the meeting on Zoom, please contact Rosanne Baker on 01363 774409 or northcreedy@gmail.com by Sunday 11th April. If you are unable to attend on Zoom and would like a postal vote for the elections, please contact Rosanne. Alternatively, if you do not have access to Zoom and would like to attend the meeting by telephone, Rosanne will try to arrange this for you.

Please could you note that there will be no paper copies of the agenda for the meeting or of the accounts and reports for 2020. If you would like copies of these, please contact Rosanne before the meeting and she will email them to you.

SECRETARY TO THE PCC

After nearly ten years Rosanne, who has done a wonderful job as secretary to the PCC, is stepping down and we are looking for someone else to pick up the baton. The basic requirement is to prepare the agendas and write out the minutes for the six meetings a year and the APCM. This is an important role for the running of the church so please consider if that someone could be YOU, and if so talk to Paul or the churchwardens, or best of all to Rosanne herself.

CHURCHYARD COBBLES – THANK YOU TEAM

Thanks to Colin C, Jim and Rita, Anne T and Mary Rose for a magnificent weeding session which revealed more cobbles than have been seen for many a year. Thanks also to Christine and Ronald who were carrying out other essential jobs in the churchyard. It's looking good!

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: **biscuits, green semi-skimmed UHT milk and soup: tomato, vegetable or chicken and of course Easter Eggs!** 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.

THANK YOU TECHYS

Being fairly housebound this year, reading Malcolm's Sandford Facebook posts and Suzie's St Swithun's Facebook posts has been informative, entertaining and uplifting – sometimes all three at the same time! Thank you too to Linda who keeps our website updated. You have all helped us get through this year.

IN YOUR PRAYERS

- As we enter Holy Week pray that as we ponder the familiar events, God will show us something fresh. Maybe read a few of the verses from Mark chapters 14 and 15 each day and try and

- picture yourself in the scene.
- Be thankful for all the IT staff and support workers who through this last year have enabled us to digitally keep in touch with each other, work from home and access so much that has been good for our bodies, minds and spirits.
 - As the clocks go forward, heralding spring, thank God for every sign of the season that we hear and see.

SUNDAY'S READINGS: Isaiah 50:4-9a; Psalm 31:9-16; Philippians 2:5-11; Mark 14 and 15:1-47

