

THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

16TH MAY 2021

Welcome to Holy Communion at 9.30am at St Swithun's Church, Sandford. We again welcome David Francis who will lead the service and although we still can't sing out loud, welcome to James Cookson who will be playing the organ.

THY KINGDOM COME – 13TH TO 23RD MAY - PRAY4FIVE

When we ask ourselves 'Who do I know who is precious to God – but doesn't know that yet?' and start praying for that person to know the love of God, that prayer also begins to change us. As we carefully put them into the hand of God the sense of his love for each of us and his deep love for them is immensely moving. It is the most powerful and life changing thing we can do - so keep on keeping on!

CHURCHYARD BENCHES

Since wandering freely and quietly into church at any time to think and pray is still not possible, we have left prayers and poems as aids to your praying and thinking attached to each of the churchyard benches. When the weather is warmer(!) and drier(!) do stroll through the churchyard and stop at a bench, use the cards and enjoy the views and tranquility.

SUNDAY SONGS OF PRAISE – BBC 1 AT 1.15PM

This week Songs of Praise is from Exeter with all sorts of newsy items as well as songs and hymns – including from St David's Church where I'm sure you will be able to spot our previous Rector, Nigel Guthrie. Switch on and enjoy!

CREDITON FOODBANK – THANK YOU FOR YOUR CONTINUED SUPPORT

The Foodbank boxes are in the church porch for anyone wishing to donate. The items really needed right now are: **toilet rolls, tinned carrots and biscuits**. 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. Remember to pray for the teams who make the food deliveries and dispense each food parcel with a smile and real care.

SANDFORD SCHOOL SCARECROW TRAIL – TOYS TAKE ON THE CIRCUS

Would anyone like to volunteer to make and dress a scarecrow for this annual event? Maybe you could team up with others and come up with something? You have until June 14th to submit an entry (forms in the shop or online) and then the scarecrows will need to be ready by the end of July. Thinking caps on!

HOW DO WE PRAY FOR ISRAEL/PALESTINE?

I visited Israel over ten years ago with my cousin Ruth to attend the wedding of one of her ex-pupils. Ruth had worked in Nazareth as a teacher to the children of the staff at the International Hospital. She had lived with a Christian Arab family, met many other families and taught their children English. Now she was returning to meet her friends again and looking forward to her first Christian Arab wedding. One thing I quickly saw was how multi-layered was the Jewish-Arab situation, very different from the simple aggressor versus victim story that our press presents. One particular day a young teacher, Hikmieh, offered to take us for a sight seeing drive beyond Nazareth. It was a hot but brilliant day and returning in the evening we stopped on the hills above the city and watched as the lights came on. Then Hikmieh said something I have never forgotten. 'With all the difficulties for me living in Israel, this is the only country in the whole of the Middle East in which as a single, female Arab I could go to university, pursue a career as a teacher, live alone in my own flat and own and drive a car.'

So Let's Pray:-

- *for an urgent de-escalation of hostilities*
- *for men and women of peace on all sides*
- *for wisdom for world leaders*

- *for protection for the vulnerable*

And here's a prayer for you to pray over yourself each day this week. It comes from the Lectio365 app on Ascension Day.

*Jesus, thank you for the gift of your life,
the incredible love demonstrated through your death on the cross,
the victory won through your resurrection from the tomb,
and the power released through your Ascension into heaven and the sending of your Spirit.
I yield myself completely to you.
Spirit of Jesus, fill me and lead me today.
Amen.*