

THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

6TH JUNE 2021

Welcome to Family Church at St Swithun's Church, Sandford at 10.00am with Laura Armstrong. This wonderful weather combined with a Bank Holiday and half term means that many will not be at church as they are otherwise engaged this weekend. We will pray for you and you can pray for us so that we are one big family in spirit!

BOUNTY TABLE

The bounty table is in the under gallery. It will stock its usual share of seasonal salads, vegetables, plants and preserves, so do bring any surplus if you wish to donate. It is cash only so please leave your donation in the pot provided. This year the proceeds will go towards church funds.

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: **multi-purpose surface spray, rice pudding 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.

MAF AND POSTCARDS

MAF (Missionary Aviation Fellowship) is an organisation that flies all kinds of aid into hard to reach areas of the world, thus practically sharing the love and good news of Jesus. One of the ways they raise funds is through postcards. So if you have any postcards used or unused, old or new, please bring them to church or put them through Pamela's door (Hope Cottage opposite Meadowside Garage).

TEA AND TODDLERS

This much-missed time for mums/carers and preschool children could squeeze in a couple of sessions in July before the end of the academic school year. Peter and Rosanne are stepping back from running it and are looking for someone else to volunteer to organise it. There already is a rota of people to assist, thorough hand over notes, all the toys and equipment necessary, and a huge amount of good will - it just needs someone to take ownership. Please think if that could be you, or someone you know.

PAUL'S EPISTLES AND SERMONS

Stephen is already close to a re-print of this lovely little book. If you would like a copy please let him know as soon as possible stephenwmiller@gmail.com or phone 776552.

LOVE YOUR BURIAL GROUNDS WEEK 5TH -13TH JUNE

Exeter Cathedral has a number of activities runing this week both on the Green and inside the Cathedral to celebrate the week, culminating in a special fun-filled morning next Saturday. We too have a lovely churchyard in Sandford so thank you to all those who in recent years have cut the grass, have weeded and planted, have donated benches and made bug hotels, have erected bird and bat boxes and who recently have been toiling over the cobbles. It all goes to making this spot in the middle of the village a haven for wild life and a restful place for people.

SUNDAY'S READINGS: Matthew 6:25-33

Our theme for Family Church reminds us not to worry because God knows our needs. Being worried or anxious can be exhausting and even harmful to our bodies and minds. It achieves absolutely nothing! Yet we worry. In a modern translation of this passage Jesus says, 'What I'm trying to do here is to get you to relax, to not be so preoccupied with *getting*, so you can respond to *God's giving*.... You'll find all your everyday human concerns will be met.'

IN YOUR PRAYERS

- Ask God as we and the world come out of a lockdown mentality that influencers and decision makers come up with new, wholesome ways of doing things. Pray that we have the courage to jettison wasteful, unjust policies and methods.
- Ask God if there are habits you have acquired during lockdown which aren't helpful; if there are new things he wants you to pick up and do.
- Pray for those you know who are ill or on a medical waiting list. Pray that they will know peace of mind and an assurance that God cares and is right beside them.

