

THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

11TH JULY 2021

Welcome to our Holy Communion service at St Swithun's at 9.30am.

There will also be a Songs of Praise style festival service to mark St Swithun's Day (15th July) at 6pm this evening. Be prepared to sing – outdoors! We will be joined by our friends at Shobrooke whose church is also dedicated to St Swithun.

BOUNTY TABLE – THANK YOU

The bounty table is in the under gallery and an incredible pot pourri of salads, plants and preserves turn up each week. It is **cash only** so please leave your donation in the pot provided. The PCC have decided to again support **Water Aid** via the Bounty Table so please continue to bring goods and donate generously.

CELEBRATION PARISH WALK AND CREAM TEA – SUNDAY 1ST AUGUST

A guided walk to Swannaton Farm and a cream tea on arrival courtesy of Jim and Karen Stephens to celebrate all that the community has done in 'Pulling Together' through the lockdowns. There will be lifts for anyone needing them, just sign the sheet in the Community Shop. The walk is approximately two and a half miles. If you can offer a raffle prize of any description, please let Margaret Phillips know, 775185. If you can help with the catering, contact Karen on 774835. Malcolm Vallance our Parish Clerk is the go-to person with any queries. Money raised will be split between the Sandford Play Park and Devon Air Ambulance.

CREDITON FOODBANK

This week the foodbank is running low on **biscuits, cereals and tinned tomatoes**. Thank you to all who regularly support the Foodbank. I love to watch Keith (who takes the items into Crediton Foodbank) stagger down to his car under the weight of lots of supplies! 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.

THE GIVING MACHINE

It is a while since we have plugged this, but if you shop online this is a simple way to add to your favourite chosen charities. **PCC Sandford & Upton Hellions** is registered on the site so go to www.thegivingmachine.co.uk to find out how you can register as a Giver.

IN YOUR PRAYERS THIS WEEK

- Thank God for the communal space of the Millennium Green and for all the volunteers who manage it. It has literally been a godsend through the pandemic.
- Today is Sea Sunday. Remember those who work on the sea, are in the navy, transport goods, catch fish and for the lifeboat and rescue services. Remember too asylum seekers who put to sea in unsuitable craft in a desperate bid to make a better and safer life for themselves and their families.
- Pray for those who live with long term poor health, whether physical or mental. Pray also for those who live with them and/or care for them.

SUNDAYS READINGS: Amos 7:7-15; Psalm 24; Ephesians 1:3-14; Mark 6:14-29

These readings all remind us that walking God's way is not for wimps, indeed maybe our bibles should come with a warning notice: *Following the God you meet through these pages is usually dangerous!* Sometimes it takes courage as no-one wants to be laughed at, belittled, even discriminated against at work. How encouraging it is when people in the public eye are prepared to be open about following Jesus. Both Raheem Sterling and Bukayo Saka in the (so far) winning England Football squad are committed Christians – what great role models they make for our young people.