

# THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

AUGUST EXTRA 2021

A message from our Rector

Dear Friends

Last week the PCC arrangements regarding Covid procedures were circulated via the Parish Post. The Church of England has strongly recommended that each church needs to consider the size and layout of its building and make its decisions accordingly. I would just want to re-iterate that while some aspects of this may not have been what some may have hoped for, as Christians we have a duty to look after one another and keep each other safe. Rest assured that the Covid procedures will be reviewed on a regular basis. With prayers and thanks and best wishes.

THE REV'D MATTHEW TREGENZA

-----A  
message from the Chairman of our Parish Council

Dear Everyone, Unfortunately, we have had to take the decision to **cancel** the celebrations here at Swannaton on Sunday 1st August. This is because there is currently a positive local case of Covid 19 connected to the organising committee. Please accept our profound apologies for this last minute cancellation but we count on your understanding. We greatly appreciate all the offers of help and contributions that so many of you have given. We must look forward to next year when hopefully we can re-programme the event ( third time lucky). Stay safe and take care.

JIM AND KAREN STEPHENS

-----A  
message from Rita King

Alan Weeks - Alan Weeks, who has been a great support to St Swithun's Choir over many years, has passed away. His bass singing voice will be sadly missed at the St Swithun's special services ie Christmas, Easter and Harvest. Alan and his wife Ann loved to come to Sandford and support church social events, he will be missed by us all.

-----A  
A message from Chris Parsons at the Foodbank

Dear All,

Crediton Foodbank has just received its charity status (Hurrah!) and this means that any financial donations received can now be Gift Aided. Please can you let people know this and ask them to email [creditonfoodbank@gmail.com](mailto:creditonfoodbank@gmail.com) for a Gift Aid form?

At present following the wonderful Tesco Food Collection our shelves are looking quite healthy.

**Tinned ham and corned beef, individual jellies, tinned peas and green beans are the main needs at present.**

Thank you for your ongoing support and especially to those who bring things into the Foodbank each week, it's always good to see you!

Part of a message from Mike Wiggins, regarding Brenda's funeral on Monday

Despite the lifting of Covid restrictions, her cremation service booked for the 2nd August still retains many limitations so we have sensibly limited attendance to immediate family only.

We didn't use St Swithuns as we have many disabled relations who would find access difficult. However, I feel her spirit remains with us as do our many happy memories and the coffin only contains the shell of her being.

*(please remember Mike and the family in your prayers )*

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The recipe for the non-toxic but effective weed killer we have been using on the cobbles in the churchyard – thanks to Jim King

1 gallon of white vinegar (from The Four Seasons or from Adams )

1 cup of salt

2 tablespoons of washing up liquid.

Spray on a sunny day.