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# THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

## 31st October 2021

**Welcome to a service of Holy Communion with our Rector Matthew Tregenza at St Swithun's Church, Sandford at 9.30am.**

**All Souls' Service.** This service offers us an opportunity to remember those we love who are no longer with us, whether the loss is recent or happened long ago. There are two in the Benefice on Sunday, one at **St Swithun's Church, Shobrooke** and one at **Holy Cross Church, Crediton**. Both begin at **6pm**.

**Sunday's Readings** - Deuteronomy 6:1-9; Psalm 119:1-8; Hebrews 9:11-14; Mark 12:28-34

As well as the 'Ten Commandments', God gave the Children of Israel all sorts of guidance to live by from how to deal with debt to how to ensure one day a week (the Sabbath) was a rest day to how to welcome a new baby into the community. But by the time Jesus came along the religious teachers had turned these into 613 commandments! 365 were negative and 248 were positive. Jesus gathers them all up into two sweeping statements of the heart, to love God and love your neighbour. So simple.

### -- COMMUNITY NOTICES --

#### **Bounty Table on Sundays**

Those of us with productive gardens and allotments still have a few items to bring for the bounty table and there are always preserves on offer. Please continue to support it, remember it is cash only and proceeds go to Water Aid.

## **Crediton Community Food Bank**

Needs this week are **squash (orange or blackcurrant), jam and toilet rolls**. You can leave items in the boxes at Tesco or Morrison's or in the church porch.

## **Safeguarding**

The Church takes very seriously the matter of both Child Protection and Adult Safeguarding. If you have concerns about a child, whether that be regarding physical, sexual or emotional abuse or neglect, please speak to the Safeguarding Officer of the Church (Colin Clark) to discuss your concerns - or call the Multi Agency Safeguarding Hub on 0845 155 1071.

If you are worried about a person over 18 who may be at risk of exploitation or abuse, or who is vulnerable and needs some help due to physical or learning disability, incapacity or ill-health, please discuss your concerns with Colin or call Care Direct Plus on 0845 155 1007.

It is better for several people to mention something and raise concerns, than for no-one to speak out and a child or adult not receive the support they need.

## **-- AND FINALLY --**

### **In your prayers**

**COP26** - We have a beautiful banner by the altar in church designed and made by some of our creative ladies with the text from Micah 6:8 reminding us that what God requires of us is that we 'do what is right, love mercy and walk humbly with God'. This is at the heart of what we want to see happen at the climate talks so that there is a clean, functioning world ahead for our descendants. This prayer (from Compassion) in particular touched my heart. *God of justice, we pray for fairness during the COP26 talks. Lord, we know that those who are worst hit by the climate crisis are those who have done least to contribute to it and have the fewest resources to implement change. We therefore pray for radical justice and for fairness in the decisions made at COP26. Amen.*



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