

[View this email in your browser](#)

www.sandfordparish.org.uk



THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

Clergy: Revd. Janet May 01363 779363 janetmay69@gmail.com

8th May 2022

Welcome to our Communion service at 9.30am at St Swithun's Church, Sandford. This will be followed by our APCM after refreshments.

Wednesday from 10.30am - Coffee and Company. Drop in to the Under Gallery for coffee or tea and yummy home made cake in the best of company. Bring a friend!

Friday at 10.30am - Reflective Prayer at St Swithun's, a half an hour of calm and quiet. Then do come down to The Lamb for coffee afterwards.

-- COMMUNITY NOTICES --

Annual Parochial Church Meeting (APCM)

There will be some paper copies of the report at the meeting or you can email our secretary beforehand for a digital copy (naomicjharris@gmail.com). A big thank-you to Naomi our PCC secretary who has worked hard behind the scenes putting all the reports together for us.

Electoral Roll

The 2021 Electoral Roll for St Swithuns, Beacon and St Mary's Churches has been revised and a copy is available to read in the porch of St Swithun's church. Any queries please contact Mandy Tietze on 01363 772236.

Gordon Griffin

It was with great sadness we learned that Gordon died in hospital last weekend following a massive stroke. As well as contributing to our church life he was on the Parish Hall committee and was chairman of the Parish Council. 'A kind and gentle man' was one of the tributes received. Our thoughts and prayers are with

Linda and the family.

Crediton Food Bank

Stocks are alright at the moment but if you have any empty egg boxes do bring them along. And remember cash is always welcome as this enables the Food Bank staff to assist folk with their utility bills as prices rise. There is always someone on hand to offer advice on budgeting and dealing with debt.

Environmentally-friendly weed killer solution

Last year we experimented with Jim's recipe to keep the weeds down on the cobbled steps and paths in the church yard and were pleased with the result. It was **5 litres of white vinegar, 1 cup of salt and 1 tablespoon of washing up liquid**. It is best sprayed on a dry, sunny day. You can buy 1 gallon containers of white vinegar in Crediton at Four Seasons greengrocers or Adams Hardware store.

-- AND FINALLY --

Over the next few weeks Janet will be exploring the formation of the early church as we work through the book of Acts. It begins with the risen, living Christ returning to his Father in heaven (the Ascension) leaving eleven still rather bewildered and frightened disciples. Then the coming of the Holy Spirit (Pentecost) who transformed them so that they went boldly and joyfully into all the Roman world - teaching the good news that Jesus had taught them and telling and replicating what they had seen him do. And two thousand years later we are the inheritors of those first churches!

In Your Prayers

- * Pray for the Griffin family and friends through this difficult time of loss.
- * Continue to pray into the Ukraine situation - in fact at 3pm GMT people around the world stop and pray, so do it then and know that you are part of a multitude of pray-ers all focused on that country.
- * As we hold our APCM, be thankful for every member of the PCC and Janet our priest, for the different skills and talents they offer to God's church and service.



Our mailing address is: pccsandford@gmail.com

This email was sent to lbennetsmith@gmail.com

[why did I get this?](#) [unsubscribe from this list](#) [update subscription preferences](#)

St Swithuns · St Swithuns Church · Church Street, Sandford · Crediton, Devon EX17 4ND · United Kingdom

Grow your business with  **mailchimp**