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THE PARISH POST

WEEKLY NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

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

Sunday 26th June 2022

Do join us for Communion at 9.30am at St. Swithun's Church, Sandford. The readings are from John 3:16-21 and Acts 5:17-26 and we continue to study the growth of the early church and its leaders.

Wednesday 29th - Coffee and Company from 10.30am - midday.

Friday July 1st - Reflective Prayer from 10.30 -11am

-- Community News --

Green Gym - Tuesday 28th at 10am

If you come into the churchyard by the Fanny's Lane gate you will see how weed free it has been, thanks to Jim spraying with his environmentally friendly white vinegar spray. But the main steps haven't fared so well so we are having **a one-off, morning only, work party to attack the larger weeds** before spraying. If you are able to join us for our 'green gym' that would be wonderful. (Obviously not if it's heavy rain!)

Threads through Creation at Exeter Cathedral - 8 June to 24 July

This is a spectacular sequence of twelve huge textile panels retelling the creation story from the book of Genesis by artist Jacqui Parkinson. It took Jacqui three years to complete and is the largest textile project ever by a single artist. Definitely worth a visit!

Songs of Praise - St Swithun's patronal festival - 17th July

Do you have a favourite hymn or Christian song? Then please email Chris our church warden (catucker@btinternet.com) with your choice and the reason why it is special to you and it may well be one of the chosen ones we sing.

Flowers, doors and the clock

Thank you to Jill and Elaine especially who ensure that whenever you step into church, the flowers are fresh. Thanks to Linda and Jean who open the church every morning and to Andrew who checks everything is ok when he locks up each evening. And thanks to Chris who has the thankless task of keeping the clock running to time in every season.

Crediton Foodbank

Needs this week are **tinned stew, biscuits and instant coffee** which you can leave in the church porch or in any of the supermarkets. The foodbank is now opening three times a week as the need grows. If you are able to make a financial donation the bank details are Crediton Foodbank, sort code 40/20/30, a/c no. 12600641.

-- And Finally --

In your prayers remember ...

- * those you know who are unwell in body or mind, those who anxiously wait for news or appointments and those who feel at the end of their tether that they would know the powerful peace and presence of God with them.
- * those living in countries where wars and natural disasters have wreaked havoc, thinking especially of Ukraine, Afghanistan, Bangladesh and East Africa. Media interest may move away but families are still left to pick up the pieces and get on with their lives. Pray for the aid agencies who support them.
- * those with power and authority in governments, businesses and unions that they act with integrity and wisdom and humbly demonstrate compassion as they look to serve the needs of others.



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