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# THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

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## February 2024

Welcome to this newsletter for the month

**Sunday 4th at 8.30am - Communion service at Beacon Church, New Buildings**

**Sunday 4th at 9.30am - Communion service at St Swithun's Church, Sandford**

**Sunday 4th at 3.30pm - Church Lite at St Swithun's, a more informal style of church**

**Sunday 11th at 9.30am - Communion service at St Swithun's.**

**Sunday 18th at 9.30am - All Age service at St Swithun's**

**Sunday 25th at 9.30am - Communion service at St Swithun's**

**Ash Wednesday services 14th February to mark the beginning of Lent:-  
St Swithun's - 6pm Communion**

**Holy Cross Church, Crediton - 10.30am (said Holy Communion) and  
7.30pm (sung Holy Communion)**

Should you want different styles or times of services, the full rota for the North Creedy East Mission Community is always pinned up in the church porch or can be found at the end of the monthly Hub Post.

### --- Diary Dates ---

**Wednesdays from 10.30am to midday - Coffee and Company** (and yummy homemade cake).

**Fridays at 10.30am - Contemplative Time** (an oasis of calm in a busy week).

**Home groups** - afternoon group at 2.30pm on Tuesdays from 13th Feb at Linda's and evening group on Wednesdays at 7.30pm on 7th Feb then from 28th Feb at Jean's.

**Open the Book assembly** at Sandford School - Monday 26th at 3pm

### --- Community news ---

**Catherine and Lewis** - The wedding of Catherine Stoye and Lewis Eden will take place at Holy Cross Church on Saturday 20th April and everyone from Sandford is welcome. Afterwards all are invited back to the Boniface Centre. If you are coming and are willing to provide and drop off some cake that would be really helpful. There will be a sign up sheet at the back of St Swithun's so we don't all bring the same!

**Welcome Packs** - A long while back, St Swithun's put together Welcome Packs for new arrivals to the parish which contained all sorts of local and useful information. As the Parish Council is keen to improve its communications, it seemed timely to pass this on to them. If you have new neighbours moving in, please inform Malcolm Vallance the Parish Clerk who will let the relevant councillor know so they can deliver a Welcome Pack.

**Fund Raising Ideas** - The PCC will be discussing a fund raising programme at their next meeting and would welcome any fund raising ideas you may have (for ongoing work on the Churchyard Community Path and repairs to the buildings). There will be an ideas board at the back of church or you can respond to this email. Thinking caps on!

**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, again 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 the church calendar this month, the season of Epiphany comes to an end and Lent begins, pointing us towards the miracle of Easter. In the foreword of a study book for Lent called Show me the Way, Henri Nouwen says, *'Whatever we may do in our lives, let us never fail to listen to the voice of the Lord in our hearts. Because in our restless, noisy world the loving voice of God is easily drowned out. Each day let us keep a certain period of time free for this active listening to God, even if it is only ten minutes. Spending ten minutes every day exclusively on Jesus can change our lives from the ground up.'* Maybe this is

something you could try this Lent, maybe while taking a walk or drinking your first cup of tea or before you settle down at night. Be prepared for it to change you!



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