

# THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

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## January 5th and 12th 2025

Welcome to our newsletter

**Sunday 5th - Communion service at 8.30am at Beacon Church, New Buildings.**

**Sunday 5th - Communion service at 9.30am at St Swithun's Church, Sandford**

**Sunday 12th - Join George and Victoria Lee with family and friends for the christening of Alfred at 9.30am at St Swithun's.**

Should you want different styles or times of services, the full rota for the Crediton Hub is always pinned up in the church porch or can be found at the end of the monthly digital or paper Hub Post.

### --- Diary Dates ---

**Coffee and Company returns every Wednesday from 10.30am to midday.** Bring a friend and make new friends while enjoying tea/coffee and lush home made cakes.

**Friday morning contemplative prayer - 10.30am** for a half hour of calmness and serenity.

**Tuesday 7th/Wednesday 8th Home Groups resume** - the Tuesday afternoon one at Linda's and Wednesday evening one at Jean's.

**Monday 13th** - Sandford Storytellers take a bible story into Sandford School afternoon assembly.

**Thursday 16th at 11am** - Janet takes communion to Summerhayes Residential Home. She and the residents are always delighted to welcome anyone else who wants to join in.

### --- Community News ---

**Thank you** - A big thank you to everyone who helped 'deck the church with boughs of holly', greenery, flowers and candles for Christmas. Thanks too to

those who made mince pies and served refreshments, swept up and polished, who welcomed folk with a smile and provided the music. The Christmas season may be over but the joy and greenery remains until Epiphany is over.

**Ukraine appeal** - Elizabeth and Roy are still collecting out of date medicines, items for babies from warm clothes and dummies to Calpol and Sudacrem. Also winterwear such as gloves, scarves etc for any age.

### --- Items for your prayers ---

\* Pray for God's healing, wholeness and close presence for those you know who are unwell. Pray for peace of mind for those who are anxious about their loved ones or themselves - health, finances or the future generally. Pray that folk are able to place their worries into God's hands - and leave them there.

\* There are so many situations in our uncertain world where we long to see justice and peace. From war weary Ukraine and countries in the Middle East, to women and girls in Afghanistan, to displaced people in Myanmar and countries in Africa where civil wars rumble on. For the world to take a united stand to address climate change and the destruction of fragile eco-systems. Pray to God with confidence and defiant faith that your prayers are heard and despite the mess mankind makes of things, God is a God of the impossible.

### --- And finally ---

A Devon boy, born in Exeter in 1881, William Temple went on to become the Archbishop of Canterbury during WW2. Here is a prayer of his for a new year.

*Grant, O Lord, that as the years change,  
we may find rest in your unchangeableness.*

*May we meet this new year bravely,  
sure in the faith that while men come and go and life changes around us,  
you are ever the same,*

*guiding us with your wisdom and protecting us with your love;  
through Jesus Christ our Lord.*

*Amen.*



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