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THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

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Oct 19th & 26th 2025

Welcome to our fortnightly newsletter

Sunday 19th October - 9.30am for our Harvest Festival service at St Swithun's Church, Sandford. We are collecting for Crediton Food Bank, so if you wish to make a contribution, please bring grocery items or money. And come and enjoy singing some of the old harvest hymns!

Sunday 19th October - 6pm. Beacon Church, New Buildings is also holding its Harvest Service and Auction. This is always a great community event and proceeds from the auction will this year be split between the charities MND and FORCE.

Sunday 26th - 9.30am, Communion service at St Swithun's Church.

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 ---

Parish Harvest Supper last Saturday 5th - A big thank you to everyone who helped prepare for and run the evening. The food as always was plentiful and superb, the musical entertainment by Chudleigh Shantymen great fun, the Bounty Table full of surprises and the Raffle a winner for everyone. Sandford Parish at its best!

Sunday 19th - the AGM of the Friends of Sandford Churches at 11am at St Swithun's Church. The Friends has been running for over 70 years and exists to maintain the fabric, fittings, ornaments, furniture and monuments of the 3 churches. Anyone can be a Friend for a minimum of £10 a year. Do pick up a leaflet or talk to Jim or Stephen if you would like to belong.

Monday 20th - Sandford Storytellers dramatise the story of the Good Shepherd in the assembly at Sandford School. Pray that each child will feel and know that they are precious and special to God.

Wednesday 22nd - The Well at Holy Cross Church at 7.30pm with Exeter Network Church. An evening for those with lots of faith, or a little faith or those looking to discover faith.

Every Wednesday 10.30am to 12 - Coffee and Company. Come and enjoy scrummy home made cakes and convivial company over a cup of coffee or tea.

Every Friday 10.30am to 11 - Contemplative prayer when we use music, silence and words, and together still our hearts and minds before God. If you have a family or situation you want prayer for, let us know. It's what we do.

--- In your prayers ---

Pray for children - in your family, those who live around you and those who attend our local school. Pray that they will be safe and caring, curious and discerning, wise and hardworking. Above all pray that they will have hearts drawn to God.

Pray for older people - in your family, those who live around you, those in the parish. Life can feel very different, when one's health isn't so reliable, money doesn't seem to go as far and one's peers are now thin on the ground. Seniors can feel insecure, invisible, lonely, anxious - but still fiercely independent. Pray that we are a church and this is a parish where older people are noticed, welcomed, given time and are honoured.

--- And finally ---

Dame Sarah Mullally has been announced as the next Archbishop of Canterbury.

I have two memories of when she was Bishop of Crediton. At the time I was a churchwarden at St Swithun's and we were in a vacancy - I would contact anyone who might be willing, to ask them to take a service for us! She came readily and afterwards during refreshments, made a beeline for older members like Irene. I remember how easily she made people laugh. As she left she admired a row of sunflowers growing against the church wall which had been planted by some of our children during a TKC event. She took a photo of them and was genuinely encouraging about all she had seen. We felt heartened and affirmed.

The other memory was during a meeting for churchwardens in Exeter where she was reminding us of our calling and equipping. An old lady at the front tearfully explained she had been the churchwarden for some decades at a little church, and was no longer able to carry out her duties but there was no-one to take over. She was clearly very worried. Dame Sarah walked over to her and took her hands and firstly thanked her for her faithful years of service. She encouraged her to retire as churchwarden and trust God for her little church

and for herself. She was both instinctively kind and honouring.

I am trusting that as God has called her into this role, so he has prepared her and will continue to equip her for it.



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