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# THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

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## 14th, 21st & 28th December Welcome to our final newsletter of 2025

**Sunday 14th - Communion service at 9.30am at St Swithun's Church, Sandford.**

**Sunday 21st - All age service at 9.30am at St Swithun's.**

**Sunday 28th - Communion service 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 available in the church porch or can be found at the end of the monthly digital or paper Hub Post.

### **Advent and Christmas events**

**Sunday 14th - Carol service at 4pm at Beacon Church, New Buildings.**

**Thursday 18th - Sandford School Nativity service at 10am at St Swithun's.**

**Friday 19th - the final Advent Breakfast led by Jeremy between 9am and 10am at St Swithun's.**

**Saturday 20th - Community Carols by Candlelight at 6pm at St Swithun's.**

**Christmas Eve Crib service at 4pm at St Swithun's.**

**Christmas Eve Communion at 9pm at St Swithun's.**

**Christmas Day Communion at 8am at Beacon Church.**

**Christmas Day Communion at 9.30am at St Swithun's.**

### **--- Diary Dates ---**

**Coffee and Company on Wednesday mornings between 10.30am and 12.** Come and enjoy lush home made cakes and convivial company over a cup of tea or coffee.  
**(No Coffee and Company on Wednesday 24th, Christmas Eve.)**

**Every Friday 10.30am to 11 - Contemplative Prayer** when we use readings, prayers, music and silence and together still our hearts and minds before God. If there's anything you want praying for, let us know. It's what we do.

(No Friday Contemplative Prayer on Friday 26th, Boxing Day.)

--- Other news ---

**Carol service refreshments** - There is a sign up sheet at the back of church, please sign up as to what festive finger food you may be able to provide to accompany the mulled cider and fruit juices on Saturday 20th. Even if you don't get to sign the sheet, please bring something to share.

**Be aware!** - A portion of plaster has fallen from the roof of the nave meaning that three pews are out of bounds until a builder has repaired the ceiling. This won't be until the new year. The costs of repairs to our lovely church falls entirely on our shoulders, if you want to help please talk to our treasurers Stephen or Jim or consider joining the Friends who exist entirely to preserve our local heritage.

**Ukraine** - Elizabeth continues to collect medicines (out of date is fine), hats, gloves and scarves, and items for babies eg dummies, calpol, sudacrem, small cuddly toys. Local folk make regular trips to Ukraine to deliver items throughout the year. If you prefer to donate money please contact her on 01363 777466.

---And Finally ---

A haunting, reflective poem that gets you thinking, by U. A. Fanthorpe who died a few years ago.

**BC:AD**

*This was the moment when Before  
Turned into After, and the future's  
Uninvented timekeepers presented arms.*

*This was the moment when nothing  
Happened. Only dull peace  
Sprawled boringly over the earth.*

*This was the moment when even energetic Romans  
Could find nothing better to do  
Than counting heads in remote provinces.*

*And this was the moment  
When a few farm workers and three  
Members of an obscure Persian sect  
Walked haphazard by starlight straight  
Into the kingdom of heaven.*

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