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THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

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4th & 11th January

Welcome to our first newsletter of 2026

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

Sunday 11th - 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.

--- Diary Dates ---

Monday 12th - Sandford Storytellers take the first bible story of the year into Sandford School assembly.

Thursday 15th - PCC meeting at 2.30pm in the Under Gallery. Please let Linda G, our parish secretary, have any items for the agenda.

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.

Every Friday 10.30am to 11 - Contemplative Prayer when we use readings, music, silence and prayers 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.

--- Community news ---

Thank you's! - The season of Christmas is still with us so it is fitting to thank all the people who have helped make it so special this year.

Roger and Helen - for the beautiful Christmas tree that they gift us each year. It's always delivered on time for the School Nativity and gets Christmas started. Thank you!

Flower arrangers - as usual Jill and her merry crew have beautifully decorated the church with winter greenery. When all the candles are lit it looks stunning. Thank you!

Bakers and cooks - after each Sunday service, on Wednesday mornings and

for special events we are offered truly scrumptious home made cakes and treats, thank you all.

Sidespeople - they greet us with smiles and a friendly word as we come through the door. Their welcome is so important. Thank you!

Doors - our church is open every single day of the year and far more people come in to look around or for a moment of quiet reflection than you may realise. Thank you Linda BS and Jean for opening in the mornings and Andrew for locking up in the evenings. Thank you also to Teresa who steps up and fills in when one of us can't make it.

Musicians - Christmas and music go together so to our organists, bell ringers and handbell ringers we say a big thank you, you add so much!

Chris, Paul and Jeremy - our church wardens have had a busy few festive weeks and dealt with the odd little emergencies in their usual calm and efficient manner. Thank you! And Jeremy who has stood in for Janet whilst she is still convalescing, thank you so much for the different ways you have and are caring for us.

The Children's Society - Altogether we raised £447.52 for the work of helping children and families at our Carol Service and Crib Service, thank you all for your generosity.

WaterAid - The bounty table through the year featuring home grown garden produce, jams and preserves collects donations for WaterAid. In 2025 the total amount donated was £231.50. Thank you all for your support.

Ukraine - yes we can do more than simply pray! Joe Bussell is going out again soon and asks especially for **warm winter coats**. If you can help please give them to Elizabeth or Sandra (in the shop on Thursdays.) He would also welcome funds for fuel and ferry costs.

---And Finally ---

Just because Christmas Day is over, this poem reminds us that the season and its message is for all time.

The Work of Christmas by Howard Thurman

*When the song of the angels is stilled,
When the star in the sky is gone,
When the kings and princes are home,
When the shepherds are back with their flocks,
The work of Christmas begins:*

*To find the lost,
To heal the broken,
To feed the hungry,*

*To release the prisoner,
To rebuild the nations,
To bring peace among the people,
To make music in the heart.*

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