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# THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

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## 18th & 25th January

### Welcome to our fortnightly newsletter

**Sunday 18th - Family Praise service at 9.30am at St Swithun's Church, Sandford with Laura.**

**Sunday 25th - 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 ---

**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 - Reflective Prayer** when we use readings, music, silence and prayers to 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 ---

**Patrick Watson** - Patrick died in his sleep last Saturday at Kenwyn. He had not been well over Christmas and it is a relief that he is out of pain. Our thoughts and prayers are with his family.

**John and Angela Crooke** - A huge thank you to John and Angela for donating two prints of water colour paintings from their daughter Jo's wedding in the summer. The one sketched from the gallery while looking down at the wedding ceremony is stunning. They will be hung in the church for everyone to enjoy.

### ---And Finally in your Prayers---

- \* Pray for our ministry team. For Janet that she makes a good recovery, for Jeremy visiting the link Diocese of Thika in Kenya with the Bishop of Exeter, for Matthew who is carrying a huge load and for a successful applicant to join the Crediton Hub team in the North Creedy west area. Thank God too for the retired ministers who support us, particularly Stephen and Nigel and the lay ministers we often welcome, particularly Laura.
- \* Jim is almost ready to send off an application to the Heritage Lottery for a grant towards updating and making safe our paths and entrance to the church. If it is successful it will involve community involvement in various exciting wildlife projects in the church yard. Pray that the application finds favour and we can begin work this year.
- \* As you walk around the parish and pass homes, pray God's blessing on those who live there. There are so many hidden problems - such as addiction to drugs, alcohol or harmful internet use. People may be reluctant to share issues around financial hardship, health concerns, anxiety or depression. But God knows and cares, so ask for his help.
- \* Children's/youth work. As the PCC discuss ways of restarting something, pray that we hear from God as to what exactly to do. Pray that the right helpers and team are already feeling a nudge to get involved.

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