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# THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

Clergy: Revd. Janet May 01363 779363 [janetmay69@gmail.com](mailto:janetmay69@gmail.com)

## 1st & 8th February

### Welcome to our fortnightly newsletter

**Sunday 1st - Communion service at 8.30am at Beacon Church, New Buildings.**

**Sunday 1st - Communion service at 9.30am at St Swithun's Church, Sandford.**

**Sunday 8th - Communion service at 9.30am at St Swithun's.**

**Sunday 15th - No services in Sandford** - all are invited to Holy Cross Church, Crediton for Canon Michael Hall's diamond celebration of his ministry. 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 9th** - Sandford Storytellers are taking the story of Jonah to Sandford School assembly.

**Friday 13th** - The funeral of Patrick Watson at 12pm at St Swithun's. The family request no flowers please and no black ties - he was a colourful character!

**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.

**Reflective Friday Prayer 10.30am-11,** when we use readings, music, silence and prayers to still our hearts and minds before God. (**NOT on Friday 13th** because of funeral).

#### **--- Community news ---**

**Lent Studies** - The Home Groups will resume at the beginning of Lent (week beginning Feb 16th) for a 6 week study using the book *Dancing to the*

Heartbeat of God which is a 'vibrant and inspiring exploration of Christian discipleship in today's world'. There are contributions from Christians from around the globe which offers us a panoramic picture of today's church. The Home Groups meet on Tuesday afternoons or Thursday evenings. If you would like to take part, please let me know so we have ordered enough books.

**Thank you's** - to the Sandford storytellers who have been taking dramatised bible stories into Sandford School for over 10 years. For some children, this is the only time they hear some of these timeless stories. If anyone wishes to watch a session or join the team, please speak to Jean. We would welcome new members.

**Tea cosy** - If you have a spare one that would fit our church teapot, (which is between 5" and 6" tall) please bring it along. We have delicious coffee, but drink lots of tea too!

### **--- And Finally ---**

It's easy to pray for peace in our world, resolution of conflict, sharing of resources, a voice for the voiceless - but what might that actually look like? How would it start?

The Sandford Storytellers were in school on Monday presenting the story of Noah (so appropriate when the next day the school was closed because of floods!) and had a rare chance to watch an example.

A pupil had noted that sometimes children felt left out at playtime and went to talk to the head about an idea to improve the situation. Mrs Fee listened and suggested she design a poster with her idea and then share it with all the children at an assembly. So the pupil explained her idea of a Friendship Bench where you could sit if you were feeling alone and someone would come and chat with you or invite you to join their game. The rest of the school listened and added comments and decided to fundraise for the bench. Fundraising ideas included sponsored acts of kindness, making and selling friendship bracelets, a cake stall etc.

I mulled over that little scene the rest of the day because it had all the ingredients that world leaders would do well to copy. Listening, sharing, caring, empowering, including others, creatively meeting a need. What wonderful life lessons the children are learning at Sandford School!

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St Swithuns · St Swithuns Church · Church Street, Sandford ·  
Crediton, Devon EX17 4ND · United Kingdom

