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# THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

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## 15th & 22nd February Welcome to our fortnightly newsletter

**Sunday 15th - No service in Sandford**, but meet at Holy Cross Church, Crediton at 9.30am for Canon Michael Hall's diamond celebration of his ministry with Janet assisting him. There will be refreshments after the service in the Boniface centre, if you can bring a tray bake or other cake, that would add to this joyful family occasion.

**Sunday 22nd - Communion service at 9.30am at St Swithun's Church, Sandford.**

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 ---

**Ash Wednesday - 18th February at 6pm** - Special service at St Swithun's to mark the beginning of Lent with the imposition of ashes.

**Monday 23rd - Sandford Storytellers** taking a bible story into assembly at Sandford school.

**Wednesday 25th - The Well** from 7.30-9pm at Holy Cross, Crediton. A space and time to worship and wonder, and experience the power and presence of God.

**Friday 27th - The funeral of Eleanor Nuthall** is at 2pm and after at the Parish Hall. It would help Ruthy organise catering if you could let her know if you plan to attend the wake.

**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.

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

**Lent Studies** - The afternoon Home Group will resume on Tuesday 17th and the evening one on Thursday 19th for a 6 week Lent study using the book *Dancing to the Heartbeat of God* which is an exploration of Christian discipleship around the world. If you are curious about either a home group or studying a book specifically for Lent, do talk to Linda BS or myself about coming along. We would love to see you.

**Cleaning the Under Gallery** - We would love someone to join the rota to clean the kitchen area, the toilet and vacuum the carpet. It's an hour a week (or less if you do it with a friend!) about once a month. Please chat to Rita if you can help.

**Thank you's** - A big thank you to Stephen our treasurer and Jim our gift aid treasurer for all you do behind the scenes. You are essential to the running of the church! Thank you too to Linda G our secretary who has the thankless task of writing up minutes and generally making sure correspondence is dealt with and everything is in order.

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

A message from Janet who returned to work this week:-

*'Thank you to everyone who has sent cards of encouragement, visited or phoned while I've been off sick. It has meant so much to me. I look forward to seeing a large number of you on Sunday as we celebrate my Dad's 60th anniversary of his priesting and my first Sunday back.'*

*'I will be doing a phased return to work over 3 months and Revd Stephen Cook will be helping to make my return more sustainable. I look forward to taking things back up slowly.'*

Both Janet and her father heard God's call on their life to become priests. He equipped them for the specific task he had for them. And he calls everyone of us to serve him and equips us with special gifts and strengths. To know we have a purpose, an identity and a destiny in God is a blessed thing.

Here is a prayer from St Augustine to help us dedicate our hearts.

*Grant us O Lord our God,  
to you - a heart of flame;*

*to our fellow men - a heart of love;  
to ourselves - a heart of steel.  
We ask it in Christ's name. Amen.*



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