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# THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

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## 29th March & 5th April

Welcome to our fortnightly newsletter

**Palm Sunday 29th March - No service in Sandford but a combined Mission Community communion service at Poughill at 10.30am. Please car share as parking is restricted in the village.**

**Easter Sunday 5th April - A joyful Sunrise Easter communion service at Beacon Church, New Buildings at 6.30am, followed by bacon butties and stunning views.**

**Easter Sunday 5th April - Easter communion and the christening of little Alfie Bigmore at St Swithun's Church, Sandford at 9.30am. Join us for a wonderful morning to celebrate Christ's Resurrection and new life together.**

Should you want different styles or times of services, the full rota for the Crediton area 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.

**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 3rd April (see below).

### --- Easter Week ---

**Evening Compline** - at 7pm on Mon, Tues and Weds at Holy Cross Church,

Crediton.

**Maundy Thursday 2nd April** - Seder Supper at 6pm in the Under Gallery at St Swithun's. Come and share this meal, woven through with the very words and traditions Jesus and the disciples will have used at his Last Supper. There is

still time to sign up by contacting Jeremy on 07889 523766 or emailing [jeremy.putnam@exeter.anglican.org](mailto:jeremy.putnam@exeter.anglican.org)

**Good Friday 3rd April - Walk of Witness** - a silent walk with the Cross through Crediton beginning at St Boniface RC Church at 10am and ending at CCC with Hot Cross Buns.

**Good Friday at 2pm at St Swithun's** - An hour of reflection on Jesus' last hour on the Cross with poetry and music.

### --- Community news ---

**Thank you** - to Rebecca, Mandy, Bridget, Teresa, Anna and sister Toria, Elizabeth and Roy, Chris and Anne, Lynne H, Jim, Stephen, Colin, Graham and Jean who helped with the Church Spring Clean on Thursday morning. Wood was polished, black bin bags were filled, steps were cleared, cupboards were tidied, roses were pruned, brooms were busy and silver now gleams. A terrific effort, thank you everyone.

**Thank you** - to the sides-people who welcome us into church for every event with a smile and a greeting, yours is a special gift.

**Thank you** - to our intercessors who lead us in prayer so thoughtfully and powerfully on Sunday mornings. We are delighted to welcome Fiona to the team.

**Plant Sale May 9th** - Our bring-and-buy plant sale in the churchyard with coffee and refreshments in the church. Keep the date free and keep those seedlings and cuttings watered and ready!

**Friendship Benches** - After a recent school assembly the Storytellers team heard how the children wanted a Friendship bench in each playground so that if a child was sad or lonely they would sit there and others would join them for a chat or invite them to play. Sandford Storytellers and members of the PCC decided to support this and with generous donations had two benches delivered by Tuckers this week. Huge thanks to all those who donated - and a great way to show our support of the school.

**The Electoral Roll in preparation for the APCM on April 19th** - This is revised annually for St Swithun's, Beacon and Upton Hellions Churches prior to

the Annual Parochial Church Meeting. The **only** people who need to fill in an Electoral Roll form are those who have recently moved into the parish, joined the church or reached the age of 16. Those who are already on the electoral roll **do not need to complete another form** unless there are any changes to name, address or email address. Contact Electoral Roll officer Mandy Tietze for a form by emailing [tietzemandy2@gmail.com](mailto:tietzemandy2@gmail.com) or pick one up at the back of church.

**Family News** - Happy 80th Birthday to our churchwarden Paul on the 26th

March and a special Happy 90th Birthday to Margaret on 4th April.

Congratulations to Naomi and Aaron on the birth of their perfect little boy Tom on the 24th March. Finally well done to Charlotte who this week had the plaster cast from her right leg removed and was allowed to stand on her left leg, after 49 days she reports that it still works!

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

A prayer for Palm Sunday (from Priming the Lectionary)

*God of the city gates,  
God of the dusty road,  
God of palms and protest,  
be near to us.*

*When we want a safe, polite faith,  
unsettle us with your truth.*

*When we long for change  
but fear the cost,  
hold us with courage.*

*Come to us as you came to Jerusalem,  
not wrapped in dominance,  
but clothed in humility.*

*Teach us to recognise your presence  
in the ordinary,  
in the vulnerable,  
in the overlooked.*

*Open our hearts to peace that confronts violence.*

Open our hearts to peace that comes from heaven.

*Open our hands to justice that repairs harm.*

*Open our voices to praise that becomes action.*

*Through Christ,*

*who comes gently and truthfully, we pray.*



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