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THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

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August 2nd & 9th Welcome to our fortnightly newsletter

Sunday 2nd at 8.30am - Communion service at Beacon Church, New Buildings.

Jeremy begins his 2nd day of walking by hiking up to Beacon, taking the service there, walking back to Sandford and on to Upton Hellions, Shobrooke, Stockleigh Pomeroy and Cheriton Fitzpaine by lunchtime.

Sunday 2nd at 9.30am - Communion service at St Swithun's Church, Sandford.

Sunday 9th at 9.30am - Communion service at 9.30am at St Swithun's.

If you should want different times or styles of service anywhere in the Crediton and Upper Creedy Valley churches, details can be found in the Hub Post.

--- Diary dates ---

Saturday August 1st - Sunday 2nd, Jeremy is walking 62 miles to visit all 27 of the churches within the Crediton and Upper Creedy Valley to raise funds to support the newly licensed Team Ministry. He starts at 7am at Lapford on Saturday and finishes at 8pm at Morchard Bishop on Sunday. He has set up a [gofundme](#) page if you wish to make a donation. Go online or add your name to the sponsor form at the back of church. Jeremy would be delighted if anyone wants to walk part of the walk with him so a detailed itinerary is pinned up in the porch.

Saturday 8th - The wedding at St Mary's Church, Upton Hellions of Jethro Olsen and Rachael Board.

Sunday 16th August at 3pm - Summer concert at St Swithun's with Moorland Mandolins and Sandford Sings Choir in aid of the Millennium Green Pond and the Churchyard path project. Tickets £5 in advance (at church or in the shop) or £6 on the door.

How can you help?

1. A luxury hamper will be raffled so please donate some gorgeous items for the hamper and leave in the box at the back of church.

2. There will also be a sign up sheet in church for refreshments during the interval,

contributions for that and other help very welcome.

Coffee and Company on Wednesday mornings between 10.30am and 12. Come and enjoy lush home made cakes and convivial company over a cuppa.

Reflective Friday Prayer 10.30am - 11am when we use readings, music, silence and prayers to still our hearts and minds before God. Please let Elizabeth or myself know if you have any prayer requests, we love to pray.

--- Community news ---

Metamorpho-sid - You will have noticed our bright red caterpillar in the churchyard which metamorphosised into a beautiful butterfly on the church gate, all part of the Sandford School Scarecrow Trail. A great big thank you to Paul and Sally for their colourful creation.

3rd Sunday services - Laura leads our 3rd Sunday services and has been offering us different formats, including Steve providing the music. If you came to July's service based around St Swithun and water you will have experienced how deeply meaningful it was, and what a joy to share with our friends from Shobrooke too. A big thank you to Laura and Steve for all they bring which makes the 3rd Sundays so special.

Flower arranging - Jill has been leading the team of flower arrangers at church for many years. 'Thank you' hardly covers the creativity, commitment and joy she brings to her arrangements and her encouragement to the rest of us. Jill, you are a real star.

--- And Finally ---

As a mum, grandma and a (retired) teacher, July always feels like a pause, an ending. August is the dog end of summer when you catch breath, the in-between time before everything starts up again in September. But actually we were designed to need that down time, periods of rest. Not only for our own bodies and minds but because it's often in the silence when nothing else is happening that we have time to listen out for and hear God.

Jesus says in Matthew chapter 11 verses 28-30,

'Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live lightly and freely.'

(The Message Bible)

(The Message Bible)



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