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THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

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July 5th & 12th Welcome to our fortnightly newsletter

Sunday 5th - Communion Service at 8.30am at Beacon Church, New Buildings.

Sunday 5th - Communion service at 9.30am at St Swithun's Church, Sandford.

Sunday 12th - Communion Service at 9.30am at St Swithun's Church.

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

--- Diary Dates ---

Home Groups - We will be going through the Sermon on the Mount for a few weeks so you will just need your bibles. The afternoon group meets on **Tuesdays at 2.30pm** and the evening group on **Thursdays at 7.30pm**. Contact Jean on 01363 777448 for further details.

Monday 6th - Sandford Storytellers take an assembly at Sandford School.

Wednesday 8th - Deanery Synod meeting at 7.30pm at the Boniface Centre. Your reps are Pamela Larcombe and Jean Hope.

Friday 10th at midday - the funeral of Ronald Somerville at St Swithun's Church. We will all have our own special memories of Ronald - with Mary Rose and at Rookwood. I was inspired by his outward facing faith, his sense of social justice, his deep love for his garden and the natural world, and his practical generosity with all his resources. Our thoughts and prayers are with his family.

Wednesday 15th - St Swithun's Day so keep your eye on the weather!

Coffee and Company on Wednesday mornings between 10.30am and 12. Come and enjoy lush home made cakes and convivial company over a cuppa. On the 22nd we have a visit from Rodney from Bristol who will play some organ pieces during the coffee morning.

Reflective Friday Prayer 10.30am - 11 (*not on Friday 10th because of funeral) when we use readings, music, silence and prayers to still our hearts and minds before God. Please let Elizabeth or mvself know if you have any prayer requests. we

love to pray.

--- Community news ---

Janet - Janet has now returned to work but our duty of care and love for her means we will be on the lookout to make sure she continues to take it easy.

New Team Vicar - 4 candidates have applied for the post of team vicar to complete the personnel in the Crediton and Upper Creedy Valley Team Ministry. The new candidate will be based in Morchard Bishop. Interviews take place on Thursday 9th and during the day before, the candidates will get a chance to visit various churches in different parts of the area, including Sandford. So do pop into the church on Wednesday afternoon if you would like to meet any of them. Above all please pray for God's guidance on making the right appointment.

Jeremy's Sponsored walk - or is it a mini marathon? On the weekend of **August 1st/2nd**, Jeremy is walking 62 miles to visit 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 and asks us to donate so much per mile. Go online or add your name to the sponsor form at the back of church. **All that we raise will reduce Sandford's share towards the Admin/Website costs.** Jeremy would be delighted if anyone wants to do part of the walk with him so a detailed itinerary will be in the porch later.

August 16th - On Sunday afternoon we have a special concert with the former Mandolin Orchestra of Devon and our own local Sandford Sings choir. Details to follow but save the date for this unusual event.

--- And Finally ---

I remember hearing that on the rare occasions when there is a plane crash and investigators listen to the black box recordings, what they hear from passengers of all faiths and none are cries of 'O God, O God!' Indeed that is the most basic prayer. **Trypraying** is a 7 day prayer guide for those who are not 'religious' and don't know how to start. You can find details online, there is even a special prayer for the Football World Cup!

For myself this is my wake-up prayer which I have used for years now.

I start this day in the presence of God, in the peace of Jesus, in the power of the Spirit. I start this day in the love of the holy three, the mighty trinity.

Wonderful - then a cup of tea!



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