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THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

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August 16th & 23rd Welcome to our fortnightly newsletter

Sunday 16th at 9.30am - Community led service at St Swithun's Church, Sandford.

Sunday 23rd at 9.30am - Communion service at St Swithun's Church.

Sunday 30th at 10.30am - Combined Mission Communion service at St Swithun's Church.

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 ---

Sunday 16th August at 3pm - Our exciting summer concert at St Swithun's with Moorland Mandolins and local 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. Come along and bring some friends, you're in for a treat!

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 ---

Charity Giving - At our last PCC meeting we decided to choose a local charity and

one further afield to support and pray for through the year. On a designated Sunday

someone will lead a presentation about the charity and we will take up a special offering. We will also as a church commit to regularly pray for them.

We chose **Connect**, a local charity that works with teenagers in local secondary schools (QE, Okehampton and Chulmleigh) as well as youth clubs. They provide a listening ear in the playgrounds, lead clubs and support RE lessons.

Further afield we are supporting two of the link dioceses with our Exeter diocese.

One is **Thika** (in Kenya) which Jeremy recently visited; and the other is **Cyprus and the Gulf States** of Bahrain, Kuwait, Oman, Qatar, Saudi Arabia, UAE, Iraq and Yemen which Laura visited last year.

Watch this space for dates and information which will be on the porch notice board.

--- And Finally ---

Last Sunday Jeremy told us the story of the great George Muller, a Victorian Christian minister and philanthropist in Bristol who one morning had a visit from the housekeeper to say there was no food for their 300 orphans. A man of great faith and intimate with the goodness of God, he told her to lay up as usual and bring the children into breakfast. Then he prayed, not begging, not desperate. It went something like this. *'Thank you God for the breakfast you will provide that we are ready for. Amen.'* You'll have to ask someone who heard Jeremy for the rest of that story!

There are so many seemingly hopeless issues around us in the world at the moment that rather than pray, it's easier to throw up our hands and say (as a PCC member did in Langport a few years ago), 'Prayer? What good will that do?'

- * the Iran/USA stalemate which means oil supplies are seriously restricted.
- * the ongoing conflict as Ukraine resists the Russian invasion.
- * the situation in Gaza, the West Bank and Israel.

and closer to home we have

- * the drought and hot weather and its effect especially on water supplies.
- * farmers coping not just with that but the spread of bluetongue in livestock.

So yes keep praying - to a God who hears and already has the answers. Thank him and receive his peace that it is in hand.



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