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THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

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September 27th & October 4th Welcome to our fortnightly newsletter

Sunday 27th at 9.30am - Communion service at St Swithun's Church, Sandford.

Sunday 4th at 8.30am - Communion service at Beacon Church, New Buildings.

Sunday 4th at 9.30am - 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 ---

Saturday 3rd October at 6.30pm for 7pm start - Parish Harvest Supper and entertainment. There are still a few tickets available from Jean, Pamela L and the shop, £15 adult, £8 children. **Thank you** to those who have signed up to offer salads and/or desserts on the list at the back of church. There is still room for more so don't be shy! Also if you can offer a raffle prize or anything for the bounty stall (garden produce and preserves) please do so.

Home Groups - studying the lovely story of Ruth at the moment, meet on Tuesday afternoons or Thursday evenings.

Alpha Group - begins on Monday 5th October at 7pm. Alpha is a series of 10 interactive sessions that explore the basics of the Christian faith over a meal. If you, or anyone you know would like to join, do contact Janet for more details.

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 ---

Thank you! - a huge thank you to Charlotte and her merry band who arranged flowers, fruit and vegetables in the church for our Harvest Festival last Sunday. A big collection of groceries and money was then donated to **Crediton Food Bank** during the service. The school also contributed autumn pictures to the decorations and the children and parents were able to enjoy the decorations for their Harvest celebration on Friday. That was a really joyful occasion!

Churchyard - Steve (McCulloch) cuts the churchyard and due to the dry summer has had far less to do this year! But thanks to him and all those who keep the Churchyard maintained so that it is a peaceful place to stop and enjoy flowers and a surprising amount of wild life. Particular thanks to Stephen M, Colin (our Eco-church representative), Chris and Paul.

Messy Church - is looking for a rota of folk who would help serve refreshments at the monthly Messy Church sessions. This year these take place on Thursdays from 3.30pm to 5pm on October 22nd, November 26th and December 17th. Please let Janet know.

--- And Finally ---

A group of us were trying to arrange to meet up recently and one person sent a couple of dates including one day with a single hour when she was available. I had a flashback to when we lived near the naval base in Yeovilton, being at a party and saying to an *officer that I hadn't had a moment to myself the previous week. He responded rather pompously that that was hardly a badge of honour and if I had prioritised better and been more efficient in performing tasks the week would have been less stressful.

I was initially rather crushed but reflecting later I realised that I had done things that needn't have been done *that* week and if I'd given each task a bit of pre thought I would have done some differently. Dang it, he was right!

The Pope recently encouraged churches to 'do less but do it better'. And it rang a timely bell. We don't have to be overwhelmed by busy-ness. We choose what to do each day, including saying a firm 'no' sometimes.

* I bet he had just been on one of the many courses the navy seemed to run.



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