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THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

Clergy: Revd. Janet May 01363 779363 janetmay69@gmail.com

October Welcome to our newsletter

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

Sunday 4th at 9.30am - Communion service at St Swithun's Church, Sandford.

Sunday 11th at 9.30am - Communion service at St Swithun's.

Sunday 18th at 9.30am - Morning Praise at St Swithun's.

Sunday 25th at 9.30am - Communion service at St Swithun's.

--- Diary dates ---

Monday 5th Alpha Group at 7pm in the Under Gallery (and for the next 9 Monday evenings) - 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 in, do contact Janet for more details. Also if you are able to help provide refreshments, help with preparing the room and table or be a welcomer, do let Janet know.

Tuesday 6th at 5.30pm at Exeter Cathedral - If you would like to attend Choral Evensong during which Jeremy will be installed as Prebendary, please let him know as it is reserved seating only (07889 523766).

Tuesday 13th at 7.30pm at the Bookery in Crediton - Do join Jeremy for the Good Book Club which is an interactive bible reading initiative.

Monday 19th at 7pm at Lapford - the licensing of Revd. Fran Allison to the Crediton and Upper Creedy Valley team. She and her family will be living at Morchard Bishop and be serving the parishes to the west of us. Fran's appointment completes the ministry team necessary for the Crediton Hub to become established. Do pray for her and Matthew, Janet and Jeremy as well as the larger team of curates and lay ministers as they create a ministry model for the Hub where we and they truly flourish.

Wednesday 21st at 7.30pm at Holy Cross Church, Crediton - The Well with Exeter Network Church for an evening of worship and refreshing by the Holy

Exeter Network Church for an evening of worship and refreshing by the Holy Spirit.

Thursday 22nd from 3.30 - 5.30pm at St Swithun's - Messy Church. Please see Janet if you are willing to join the rota for helping serve refreshments and be a welcomer. Or you could purchase something on this wish list.

https://www.amazon.co.uk/hz/wishlist/ls/WB8PT4KQ5D5W?ref_=wl_share

Wednesday 28th at 7.30pm at the Boniface Centre - Deanery Synod meeting, thank you Pamela and Jean for being our reps.

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

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.

--- Community news ---

Donations for Ukraine - Elizabeth continues to collect items for Ukraine including medicines, baby items, paper, pens and pencils and clothes with winter coming up. Please continue to pray for peace and the laying down of weapons and that those with the power to do so would bring the conflict to an end.

Calling all bakers - Thank you to everyone who is on the rota to host or bake a cake for Coffee and Company on Wednesdays. Over the summer the weekly numbers have varied from 15 to 30. One week it might include a couple of mums and babies, another time a full table of ten men chatting away! You never know from one week to the next. We like to provide a choice of 2 different home made cakes and at the moment could do with a couple more bakers. If you are able to provide a cake every 6 weeks or so, please talk to Linda BS. We need you!

Pastoral care - Thank you to everyone who stops to chat with their neighbour, follows through with the nudge to visit or phone a person, invites someone in for coffee, sends a birthday card or takes home communion to the housebound. Thank you if you are the person who asks, 'And how are you?' knowing you're going to be twenty minutes listening to the answer starting with how many pills they took at breakfast, or who offers a lift to someone even when it's out of your way. These things are the caring glue that holds a community together.

Janet takes the lead for pastoral needs and can only visit and support if she is kept abreast of situations. So if anyone you know is in hospital or you have specific concerns about any pastoral issue not just health, please let her know

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directly.

--- And Finally ---

For many years, a group of us met monthly to pray for the various villages and parishes in which we lived. We always closed with a blessing over our communities, taken (with permission) from Ffald-y-brenin, a Christian community in Wales. Here is part of it.

We bless you in the Name of the Lord. We bless your marriages that they may be strong and whole We bless every intergenerational relationship within each household that there may be peace and love and understanding flowing between each one In Jesus' name we bless every network of wholesome and supportive friendship We bless the local schools that they may be secure, safe places for teachers and pupils alike. We bless the children's capacity to learn and develop relationships and we bless their simple trust in Jesus that their trust may grow and become enriched We bless all who live and work here that the overflow of the blessings of the presence of the Kingdom of God may fall upon you. Amen



Our mailing address is: pccsandford@gmail.com

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St Swithuns · St Swithuns Church · Church Street, Sandford · Crediton, Devon EX17 4ND · United Kingdom



