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THE PARISH POST

NEWSLETTER OF SANDFORD, NEW BUILDINGS AND UPTON HELLIONS CHURCHES

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15th & 22nd November

Welcome to our fortnightly newsletter

Sunday 15th at 9.30am - Morning Praise will again be a Cafe Church style led by Jeremy in the Under Gallery at St Swithun's Church, Sandford. As we explore different styles of 3rd Sunday services, we would value your feedback on what works for you and why. There will be questionnaires on the tables and at the back of church for your comments.

Sunday 22nd at 9.30am - Communion service at St Swithun's Church.

Sunday 29th - No service at Sandford but a joint community communion at Kennerleigh at 10.30am.

--- Diary dates ---

Advent groups - This year we are studying 'Advent for Everyone' by Tom Wright - a journey with the Apostles. The material will be delivered through the Home Groups on Tuesday afternoons and Thursday evenings. ***If you would like to take the Advent course but are not in either Home Group please speak to Janet (or Jean or Linda BS). We would love you to join us for the 4 weeks.*** It will start towards the end of November.

Monday 16th & 23rd Alpha Group continues at 7pm in the Under Gallery (and for the next few Monday evenings). If you wish to help with hospitality please speak to Janet.

Tuesday 17th - Climate Emergency Briefing in the Dowrich room at The Lamb. You may already have seen this in Crediton or other local villages, if not it's worth taking the opportunity to do so here in Sandford.

Wednesday 18th at 7.30pm - The Well at Holy Cross Church. A time for being refreshed and restored. Jean always goes, so if you want a lift, please ask.

Thursday 19th at 12.30pm - PCC meeting in the Under Gallery. We are still looking for a volunteer to take on the role of secretary, so until we have one please contact Janet if there are any items you want raised under AOB

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Monday 23rd - Sandford Storytellers perform a bible story at Sandford

School afternoon assembly.
Thursday 26th November - 3.30 - 5pm - Messy Church. This lively children's event got off to a brilliant start, if you are able to join a rota willing to help with refreshments, please speak to Janet.
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 ---

I Will - It's worth reminding ourselves and others that the upkeep of the fabric of our churches is down to us. Neither Exeter Diocese nor the Church Commissioners nor any local historical society contribute to their maintenance or repairs - despite many of them being Grade 1 listed buildings and part of our national heritage. So please consider joining the Friends of Sandford Churches and making a regular contribution or leaving a legacy when you make or review your will. Do talk to Jim or Stephen to know more.
Bell ringing - This is a tradition that has gone on in this village for hundreds of years. Anyone over the age of 10 can learn to be a bellringer and join in the ultimate team activity! Please talk to Jim if you want to give it a go.
Thank you - Elizabeth and Roy collect items for Ukraine all year round but are particularly looking for warm winter clothes now. They want to thank everyone who so generously donates baby necessities, clothes, anything that's in good condition. And we would like to thank Elizabeth and Roy themselves for their continued work for the Ukraine appeal.
Safeguarding - The Church takes very seriously the matter of both Child Protection and Adult Safeguarding. If you have concerns about a child, whether that be regarding physical, sexual or emotional abuse or neglect, please speak to the Safeguarding Officer of the Church (Colin Clark) to discuss your concerns - or call the Multi Agency Safeguarding Hub on 0845 155 1071.
If you are worried about a person over 18 who may be at risk of exploitation or abuse, or who is vulnerable and needs some help due to physical or learning disability, incapacity or ill-health, again please discuss your concerns with the Colin or call Care Direct Plus on 0845 155 1007.
It is better for several people to mention something and raise concerns than for no-one to speak out and a child or adult not receive the support they need.

--- And Finally ---

90 years ago, according to the archives, Sandford PCC agreed to give the

Sexton a pay rise to £12 a year! For this princely sum he would cut the grass, keep the churchyard tidy, wind the clock and light the church fires. If families wanted their graves personally attended to, they would pay him 5/- (12 and a half pence) annually.

Today Steve (McCulloch) cuts the grass 6 or 7 times a year which costs about £220 per cut. There is a small maintenance team headed by Stephen (Miller) responsible for keeping the churchyard tidy, Chris winds the clock and thank goodness we have no fires that need lighting to keep the church heated. How times have changed!



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