

## St. Matt's Midweek Update – 5<sup>th</sup> November 2020



So, week 33 of our email updates, and we are back in lock-down! It feels different this time round - for those of us with children, we're not contending with home schooling and working!! It also seems clearer who can and can't go to work. We can also meet one other person in a public place outside, for a walk or just to sit and have a chat. However, for lots of us it may feel worse this time as we know what's coming, and we didn't like it the first time round!

Please do be in touch if you are struggling - mentally, physically, financially, spiritually. We may be able to connect you in some way that will help.

Since the start of the first lock-down, Zara and I have been asking each other what we are thankful for at bedtime each day. Sometimes it's as simple as the food we eat, or that it didn't rain, but the Bible tells us so many times to be thankful, and to count our blessings.

Colossians 3:15 says "Let the peace of Christ rule in your hearts, since as members of one body you were called to peace. And be thankful."

### Notices

**Sunday** - now we are back in lock-down, our Sunday services will only be online. We should be allowed to broadcast from church, but we are not allowed to have any congregation in church. You can join us at 10am every Sunday on our [Facebook page](#) or on our [You Tube channel](#)

This Sunday is our Remembrance Sunday service, so we will have 2 minutes silence at 11am. We have combined this with the idea of our memorial service, which we would usually hold in the afternoon for anyone who has lost loved ones recently. So our service this Sunday will be about remembering, both those lost in fighting for our country, and those personal losses we have faced.

**Donating to the Royal British Legion** - we realise that not many of us will have had the chance to donate to the British Legion this year by buying a poppy. If you would like to give something to the great work they do, you can donate here and we will send off our combined gift next week <https://stmatts.churchsuite.co.uk/donate/fund/kfwtfypq>

**Community larder** - we are so pleased that the community larder can start as planned next Friday 13th November. The community larder is an initiative that receives surplus and short date food from supermarkets to distribute to people in the community. We will be running St. Matt's Community Larder on Fridays, between 10.30am and 12.15pm, in the Bethel Hall on High Brooms Road. Anyone can come and purchase a bag of good quality food, for a suggested donation of £2. There are no restrictions, so whether you are in need financially or you want to do your bit to reduce food waste and help the environment, please do come along. If you can bring your own bag and your donation in change, that would be a real help!

We will get the information on Facebook, so please do share it when you see it.

Thank-you so much to Liz and Jan for getting this off the ground, and all the other volunteers who have been or will be involved. **They are still in need of some volunteers who can help collect food from supermarkets on Wednesday or Thursday evenings. If you can help, please email Jan on [larder@stmattschurch.org.uk](mailto:larder@stmattschurch.org.uk)**

**Friday Worship and Prayer Zoom** - this is happening this Friday at 8pm. Please do join us to spend an hour worshipping together and sharing time in small groups to pray. it's a great way to connect with others.

The zoom link you need is:

Topic: Friday worship and prayer

Time: Nov 6, 2020 08:00 PM London

<https://us02web.zoom.us/j/87245690633>

Meeting ID: 872 4569 0633

**Fitness Hub** - Lois is finishing her first 6 week block of fitness classes on Zoom today, but you can sign up now to join the next 6 week block, starting next Thursday at 7pm. The classes are low impact exercise, and Lois tailors the exercises to those who join. It's a great way to stay fit during these dark

winter evenings of lock-down!! We ask for a £15 donation for the whole 6-week block, to help cover costs. Sign up now if you would like to join in <https://stmatts.churchsuite.co.uk/groups/1sx49esf>

**APCM minutes** - if you missed the APCM and would like to see the minutes, they are now on the website, and will stay there until this weekend.

**Worship playlist** - our amazing worship leaders have been enabling us to worship together online since March! Thank-you! Brian has now set up a worship playlist on our You Tube channel and will be adding songs to it. So, if you want worship to use in a house group, or you just want to worship at home yourself, please do have a look.

That's all for now. Stay safe and stay warm!