

## St. Matt's Midweek Update – 21<sup>st</sup> January 2021



How is your week going?

Can you believe this is the 44th week of sending out these email communications, which means it's 44 weeks since the first lock-down started back in March 2020! We're definitely in a marathon not a sprint, so that might mean you need to slow down a bit!

I'm sure I've used this passage before, but it spoke to me last week when I read it...  
Matthew 11:28-30 - "Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

When Jesus talks about giving us rest, he uses the analogy of a yoke. When two animals are yoked together, they can only go as fast as the slowest animal. So, when Jesus says we should take His yoke upon us, He wants us to walk at His pace, and to learn His rhythms for our lives, which will be the best for us! He won't take away all our burdens at the click of a finger, but He will help us to cope with them by learning to spend time with Him, and by refocusing our priorities on Him.

He wants to give us rest for our souls - rest from all that worry and anxiety that so many of us are feeling, rest from our minds working at 100 miles an hour 24 hours a day, rest from feeling like we need to live up to everyone else's expectations, rest from feeling like we're not good enough or holy enough. Rest from... you can fill in the blank for you. You might want to go back to Jane's prayer from our service on Sunday and just focus your mind and your soul on Jesus for a few minutes a day.

### Notices



We are online only again this Sunday for our worship. You can join us at 10am on our [Facebook page](#) or on our [You Tube channel](#). Thank-you so much to all our tech team for continuing to put so much time and energy into keeping us online every week and in continually improving the standard of what you do! The broadcasting is so smooth these days!

Do share our services with friends and family online if you want to. It's an easier way for people who aren't so used to church to access it.

**Testimonies** - it's great to have testimonies to share in our services, so do send in your short videos or written testimonies when you have them. You can email them to me.



**Revive** is our ministry for women and our next meeting is on Monday 1st February at 8pm on Zoom. All women are welcome, and feel free to invite others to join us. Ali Lavender is coming to speak to us and Suzy will be leading our worship. I will send out the zoom link again nearer the time.



**Hubs and house groups** are a good way to stay connected with a smaller group of people, especially while we are in lock down! Most groups are still meeting on Zoom or staying connected on WhatsApp. If you would like to join a group or have a look at the hubs that are available to join, have a look at our Hubs page [here](#). You can email me if you would like to join a group or to find out more.



I'm sure lots of us are still buying things through Amazon while we are in lock down. Did you know that if you buy through **Amazon Smile** (which is exactly the same as Amazon once you are on the site) then Amazon will give a small percentage of your purchase price to us as a church?

If you follow this link <https://smile.amazon.co.uk/ch/1185772-0> and then log in as normal with your Amazon log in details, you should be signed up to give to St. Matt's! It all adds up!

If you would like to give to St. Matt's more regularly, please do email me and I can give you the bank details to set up a standing order. However, please don't feel under any pressure to give if you are unable to at the moment, and if you need to stop your giving or reduce your standing order, please go ahead. If you can let us know, it helps us to plan ahead.

I hope you all have a good week. Be in touch with us if you need any help or support this week. ( [office@stmattschurch.org.uk](mailto:office@stmattschurch.org.uk), [chris@stmattschurch.org.uk](mailto:chris@stmattschurch.org.uk) )