

## St. Matt's Midweek Update – 7<sup>th</sup> January 2021



A new year and a new lock-down, with all the emotions that brings.

It's probably different for each of us, so I feel the message for this New Year is be kind.

Be kind to yourself, be kind to your family, be kind to those around you.

If you're home-schooling children (and maybe trying to work from home as well!), don't put too much pressure on yourself. Just love them and keep them safe and do what you can. They will not be permanently damaged by a few months of being at home with you!

If you're lonely and struggling, reach out and ask for help.

If you're loving being at home and you have energy to spare, try and share some of that joy with others who find it harder!

If you're wondering how the money you have is going to last to the end of the month, please be in touch.

Whatever you are feeling as you read this, know that God is with you.

"If I go up to the heavens, you are there;

If I make my bed in the depths, you are there.

If I rise on the wings of the dawn,

If I settle on the far side of the sea,

even there your hand will guide me,  
your right hand will hold me fast."

Psalm 139:8-10

### Notices



This week, the staff team and the PCC have made the difficult decision to keep Sunday **services online only for the next few weeks**. This decision was not easy, as we know the value of being able to come to church for some of you, but we also had to consider the safety of all those who would be involved in having the church open. We also feel that having been told to stay at home, with schools closed, and with cases still rising in our area, it is the safest decision to make for us all. We will review this at our next PCC meeting, in the last week of January.

So, this Sunday we will be online at 10am on You Tube (click [here](#)) or on Facebook (click [here](#)). The service is also available to watch any time after it has aired on You Tube or on our website.



Today is the last chance to send in your **birthday photo** if you had a birthday in December. Please email it or WhatsApp it to me by the end of today so that we can use it in a slideshow this Sunday.

### Help and Support

As we embark on another national lock-down, with all the hardship that can bring, please know that we are here to help in any way we can. We are a church family and therefore don't want to see any of us struggling, so please ask if you need help with anything.

**Devices** - One thing that has been highlighted this week is the burden on families to have enough devices for accessing home schooling. I think that secondary schools especially are doing more video calls for all of their lessons this time round, which means each child needs a device to join in the lessons. If your family is struggling with this issue, we would love to try and help. In the first instance, let the school know, as they can access pots of money and devices themselves. But if that doesn't work, please let me know, and we will see if we can help.

Also, if you have an unused device lying around at home (laptops are best and need to work fairly well for effective learning!), please let me know as well and we can give it where it is needed.

**Mental health support** - if you need mental health support or someone to talk to, please reach out and let us know. Alternatively, if you would rather talk to someone anonymously, or need more specialised support, please have a look at this link, with lots of organisations who can help you

[https://www.mentalhealthresource.org.uk/help-in-a-crisis?fbclid=IwAR1v0QNnhjOclKs3TBWNRmMjG6Tmtomb1TtdG\\_LoHArGBck2IM72WKqXBA](https://www.mentalhealthresource.org.uk/help-in-a-crisis?fbclid=IwAR1v0QNnhjOclKs3TBWNRmMjG6Tmtomb1TtdG_LoHArGBck2IM72WKqXBA)



Just a reminder that the larder is trialling a new time this month, so will be open on Fridays from 9.30am - 10.45am.

The community larder can also deliver bags of food to people self-isolating, so please let them know if you or someone you know needs help in this way. You can email [larder@stmattschurch.org.uk](mailto:larder@stmattschurch.org.uk)



Our fortnightly Friday worship and prayer sessions on zoom will restart on Friday 15th January at 8pm. Everyone is welcome to join us for an hour of connecting with each other and with God. I'll include the zoom link in next week's email.



All our youth and children's work will resume next week.

Bright / Deeper Zoom for years 3-6 Mondays 4pm

Glow Zoom for years R-2 Tuesdays 4pm

Ignite Zoom for years 7-10 Wednesdays 6.30pm

Engage Zoom for years 11-13 Sundays (time to be confirmed)

Please let me know if you need the zoom links again, or for any more information.

That is a lot of information!!

Be kind and stay at home as much as you can!