

St. Matt's Midweek Update – 22nd April 2021



I hope you are well and managing to enjoy the lovely sunshine we are having at the moment.

We have now done two weeks of the Wellbeing Journey course, that many of you are involved in on Tuesday evenings, and we are going to be looking at similar themes in our Sunday services during May, June and July.

One thing that stood out to me from this week's course, and from another book I have been reading recently, is that each area of our being is so interconnected. Every part of us has an effect on every other part. So, our physical, spiritual and emotional areas are all interlinked and help or hinder each other. If we are stressed, for example, then that shows physically, emotionally and probably spiritually as well. It can affect our sleep, our mood, our digestion, our motivation - the list goes on.

It brought to mind Jesus' words in Matthew 22 - "Love the Lord your God with all your heart and with all your soul and with all your mind."

Part of loving God with every part of our beings is looking after ourselves and caring for our whole beings, feeding and nourishing and giving rest to each part of our bodies and minds. It can feel like a huge task, but small steps can make a big difference.

This week and for the weeks ahead, I pray that we would all be able to understand more about how we can live well, and that God would show us the small steps to take.

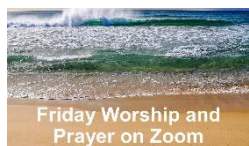
Notices



Mental Health and Wellbeing webinar - Having done training before with St John Ambulance, this morning I had an email from them about some free mental health webinars they are doing in May. It is just one webinar they are repeating lots of times in the week 10th - 14th May, but anyone

can sign up, and it is about improving our own wellbeing and recognising when others need support. I have signed up, and thought others might be interested as well!

[Click here](#) for more information and to sign up.



Tomorrow night (Friday 23rd April) is our **Worship and Prayer on Zoom** at 8pm. Everyone is welcome to join in, as Steve and Katie lead us in time with God.

Please email office@stmattschurch.org.uk if you would like the Zoom link.

April birthday photos - if you have had (or are going to have) a birthday in April, please send me your birthday photo if you would like to be included in the monthly slideshow! You can email it to office@stmattschurch.org.uk



APCM and electoral roll - our annual church meeting will be on Monday 10th May 8pm in church. This is the meeting where we look back over the last year of church life, including finances, and elect PCC members and church wardens. If you would like to come to the APCM, please book your place here <https://stmatts.churchsuite.co.uk/events/6t2t6ewv>

so we can make sure we don't go over our capacity in church.

The electoral roll has now been closed and updated, and the updated list is available on request. You can only stand for PCC / church warden roles and vote in the meeting if you are on the electoral roll.



All our youth and children's Zoom groups restart this week...
Bright / Deeper - Monday 4pm for school years 3-6
Glow - Tuesday 4pm for school years R-2
Ignite - Wednesday 6.30pm for school years 7-13
All the zoom links are the same - let me know if you need the link again!



Youth Minister advert - Our advert for a new youth minister is on our website and Facebook page and has a couple of weeks left to run, so please do share it and send it to anyone who might be interested in applying. It is also online with New Wine and Youthwork Magazine. Please do be praying for the right people to see the advert and apply, and for all those involved in the appointment process.

Lastly, do let us know if you need any help or support. Chris is on leave now for a week, but you can email me or Lois (from Monday) if you need anything.

Have a good weekend!