

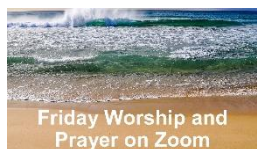
St. Matt's Midweek Update – 24th June 2021

How is your week going? I can't work out what to wear this week! I was really cold on Monday and Tuesday, and now it's lovely and warm again!!

This term on Sundays we are following the Wellbeing Journey, thinking about all the different areas of our lives that affect our wellbeing. Last Sunday Ali spoke about spiritual wellbeing. I wonder if you've managed to make any changes this week so far. It's not about suddenly spending hours a day praying, but just about intentionally making God a part of your day. You might spend 5 minutes each morning listening to something or reading a verse from the Bible. Or you might decide to say a short prayer every time you do a normal everyday task, to help remind you. The last 2 mornings I have listened to the Lectio 365 app, having not done it for a few days, and it really does set the day off on a good footing. Connecting to God and purposely making him part of your day will affect your wellbeing in a good way.

"I am the vine; you are the branches. If you remain in me and I in you, you will bear much fruit; apart from me you can do nothing." (John 15:5).

Notices



This Friday is our next **Worship and Prayer evening** on Zoom at 8pm. Everyone is welcome to join us to spend some time worshipping and seeking God, as well as praying for each other. Please email office@stmattschurch.org.uk for the zoom link.

Revive for women is meeting on Zoom next Monday (28th June) at 7.30pm. Revive is for all women aged 14+, so feel free to invite friends to join us if they would like to. Izzie MacDougall will be speaking to us about The Audacity of Hope, and Suzy will be leading worship. There will also be some time to share and pray together in smaller groups. Please email office@stmattschurch.org.uk for the zoom link.



It's time to send me your **June birthday photos** if you would like to be in our birthday slideshow next Sunday! Please email me your photo by next Thursday (1st July). Thanks!

Matt's Monkeys toddler group will be starting up again next Thursday morning. We are aware there are only a few weeks before the summer holidays, but we thought it would be good to try out a different format and help parents and carers to meet up again this side of the summer. The sessions will be smaller and will be more structured with movement and music. They are aimed at parents with babies and younger toddlers to start with. If you would like to come, we do need you to sign up and pay for your session in advance, which you can do at this link <https://stmattschurchsuite.co.uk/events/vyrqqqov>



Please do pray for Lois and her team as they start this up again - it is a big step and is the first group we have re-started in the church building, so it's taken some planning!



We will be holding a **pizza making evening** on Zoom on Friday 9th July at 6pm. Mary will show us how to make our pizzas, and you will get to make, cook and eat your own! Please sign up this week if you would like to join this event, so that we can get recipes out to you in advance. You can sign up here <https://stmatts.churchsuite.co.uk/events/pebbqg8q>

This Sunday we are in church and online at 10am, and we will be carrying on our wellbeing journey. If you would like to catch up on any services or talks that you've missed, or have a look at our youth and children's videos, as well as listen to our worship playlist, head over to our You Tube channel and you will find it all there <https://www.youtube.com/c/stmatts>



Bishopscourt National Garden Scheme - Bishopscourt in Rochester will be opening their gardens to visitors, with refreshments on offer, this week and next week. If you would like to go you need to book using these links:

Friday 25th June <https://bit.ly/3vAZV8N>

Wednesday 30th June <https://bit.ly/3vzKaic>

Thursday 1st July <https://bit.ly/35skeKP>

The times of the tickets are shown when you book, and a donation can be given on entry.

Please do be in touch if we can support you in any way.
We hope you have a lovely weekend!