

St. Matt's Midweek Update – 30th July 2021

I hope your week is going well.

Yesterday Zara and I managed to have a day out on the one day of the week that stayed dry (where has summer gone?!). We went to Bedgebury and did Go Ape, which is a high ropes course. I really don't like heights, so this was a real challenge for me, but I wanted to try and get to the end! As well as the heights, my middle aged body struggled a bit with all the climbing and swinging and landing from zip wires - I'm definitely aching a bit today!

One thing that doing Go Ape reminded me, was something I heard about courage a while back. Courage isn't the absence of fear, it's about facing your fear and stepping out in it anyway. Go Ape has 5 stages, and after the second one, I was starting to tell myself that it was too hard and I couldn't keep going. But Zara spurred me on and I kept going, and in some ways, it got easier to take that step into fear each time I did it.

As Christians, we don't escape fear in life. But we do have a God who will help us and walk with us as we step out in courage.

Joshua 1v9 is a very famous verse in the Bible, but we often only hear half of it. This is what the Lord says:

"Have I not commanded you? Be strong and courageous. Do not be afraid; do not be discouraged, for the Lord your God will be with you wherever you go."

Do you have a situation or an area of your life at the moment where you need courage? God is with you and will never leave you, but you might need to take that step into your fear, knowing that you have Him walking by your side. And sometimes we need other people to spur us on, so don't try and do it on your own if you don't need to.

Notices

This Sunday - this Sunday is the 1st August, so we will be having our monthly 8am communion service in church. This is a much quieter shorter service, with no singing, so if you would like to come to church but don't like the thought of lots of people, then this might be a good service for you.

We will then have our 10am service, both in church and online, carrying on our Olympics theme.



Our **church picnic** was postponed last week due to the weather, and we are going to try and have it again this Sunday (although we still need to keep an eye on the weather!). As long as it's looking dry, we will meet at 12pm in Grosvenor and Hilbert Park. Bring your own lunch and something to sit on. We'd love to see as many of you as can make it!

BBQ in Chris and Carole's garden - Chris and Carole will be hosting a couple of BBQs in their garden over the summer for anyone who is around and would like to come. The first one is next Friday 6th August, at 7pm. We will provide meat, rolls and drinks, and would ask for a donation of £2.50 to cover this. If you can bring a salad or a pudding to share, that would be great. Please sign up if you would like to come, using this link <https://stmatts.churchsuite.co.uk/events/zljgfrx4> so that we can cater for the right numbers and dietary needs.

The second BBQ will be on 20th August, and I will send out a link for that in a week or so.





Birthday photos for July - please send in your birthday photos for July if you've had a birthday and are happy to share it! I need them by next Friday please. You can email them to office@stmattschurch.org.uk

Get involved! - Lastly, we are in the process of recruiting teams for September, when we would like to get some more things in church up and running again. It would be great if you could have a think about where you could serve. We understand that situations have changed and church has changed, so there is no pressure to go back to what you used to do. But on the flip side, we will only be able to run things we have volunteers for, so we are looking at a slow build-up of activities, rather than everything starting up at once.

All the information about the different teams is on the website, and it would be really helpful if you could sign up for the team you could serve in, even if you served on that team before. Here is the link to the page on the website <https://www.stmattschurch.org.uk/whats-on/get-involved/>

Please be in touch this week if you need any support or help.