

# St. Matt's Midweek Update – 29<sup>th</sup> April 2022



How are you?

It feels like life has got back to pre-Covid busy-ness levels for lots of people, however much we all said during lockdown that we wanted to keep the slower pace of life!

There is nothing wrong with being busy, but it's also good to take stock every so often and make sure we have our priorities right and we are looking after ourselves and our families in all the 'doing'.

As Christians, one of those priorities has to be praying, doesn't it? Sometimes we can get so busy that we forget to pray, or we just don't find the time to fit it into our day. We also tell ourselves that unless we are fitting in a decent quiet time, we're not doing it properly.

But what if we are too busy not to pray? Prayer is so important that we should be seeing it as an integral part of everything we do, and the busier we are, the more we need God in everything that we do.

In the Bible, we see that Jesus prayed to God a lot. He taught the disciples how to pray. Paul tells us to pray continually (1 Thessalonians 5). Let's have an ongoing conversation with God in all that we do, so that God's power underpins everything in our day.

## Notices

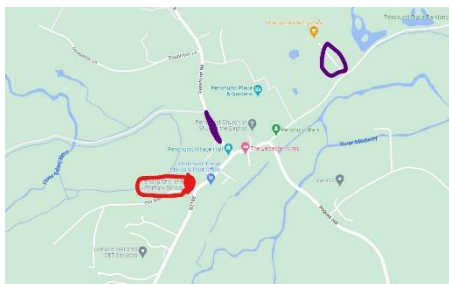


### This Sunday...

**8am communion service** - a short communion service from the Book of Common Prayer, in church only.

**10am family service** - our last Sunday in Ephesians, as we look at the armour of God. Everyone is in church together for a fun, all-age service.

## Bank Holiday Monday Walk...



If you enjoy walking, chatting and cake, join us for a walk on **Monday 2nd May**. We will be walking from Penshurst Primary School to Kingdom Cafe, stop for a drink and then walk back. Each half of the walk takes about 45 minutes and parts of it are quite hilly and uneven.

**We will meet at the school at 9.30am.** Trainers or walking boots are fine as the ground is very dry.

Hopefully you can enlarge the map to the left - purple is where there is parking, red is the school.

## Dates for this week:

- No Deeper on Monday as it's a bank holiday
- Ignite on Tuesday 6pm-7.30pm for year 6 - year 13
- No Matt's Monkeys on Thursday as the church will be a polling station
- Sewing Bee Hub on Friday evening at Ruth's house (contact me for more details)
- Youth team meeting on Friday at 8pm for all volunteers who help with Ignite or Youth on Sundays

**APCM** - thank you to all of you who came to our APCM on Monday. It was a good meeting. As soon as the minutes are ready, I will send them round. Do have a look at them if you can - lots of information about the year we have had and vision for the year ahead.

**New Wine** - If you would like to come to New Wine this year but haven't yet booked, they are now offering part time volunteer places, so you can be on team for either mornings or evenings and pay a reduced ticket price. Have a look here for all the information [New Wine Part Time Volunteers](#)

**Adult Emotional and Mental Wellbeing Social and Activity Groups** - a member of St. Matt's (Jill) has started **Embark 21 CIC**, to offer social support and groups to help reduce isolation. They are running mindfulness art groups on Tuesday mornings and Walks with land-art and photography on Wednesdays. Anyone can join. For more information have a look at their website <https://www.embark21.co.uk/>

Have a good bank holiday weekend.