

St. Matt's Midweek Update – 22nd July 2022



How has your week been? Have you survived the last week of term?

For those of us who work to school terms or have children in school, the start of the summer holidays holds the promise of time to rest and recuperate. The reality might be a bit different, juggling work, children at home, different routines! But it is a good time of year to plan in some rest or some time to look after yourself.

Do you know what it is that brings you true rest and refreshment? It might not be sitting doing nothing - we all have different things that restore us and bring us rest.

I'm really looking forward to New Wine this week, even if it's not restful (!), as that time of spiritual refreshment feels much needed at the moment!

In Matthew 11:28-30, Jesus says,

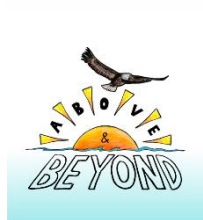
"Come to me, all you who are weary and burdened, and I will give you rest. Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. For my yoke is easy and my burden is light."

In the Bible, rest is always tied to spending time with God and being closely in tune with Him. So maybe even if you can't find time to stop this summer, intentionally trying to stay in tune with God and coming back to Him when you feel tired, will give some rest to your soul.

Notices

Sad news about William Harper

I'm sure most of you will have heard that William died earlier this week. Our thoughts and prayers are with Dee, Gina and Angharad and the wider family as they grieve and come to terms with life without William. Please keep them in your prayers as they plan the funeral and make arrangements. We will let you know once there is a date for the funeral.



Summer holiday services...

Over the summer holidays, all our morning services are family services, starting from this Sunday. A huge thank-you to The Spinnaker Trust, who Mike works for, for letting us use some of their material for our summer services. We will be going Above and Beyond, as we look at how following Jesus and taking on his values can help us to be our best self.

8am communion services will continue over the summer, on the 7th August and the 4th September.

There will be a 5pm service in August, on 14th August.

There won't be any 7pm services over the summer, so the next one will be on 25th September.



New mission link and church BBQ...

On Sunday 7th August, we will be welcoming our new mission link family, who work for MAF in Uganda and East Africa. Sam, Abby, Rachel and Rebecca Baguma will be with us for the service and will be sharing about their lives and work in Uganda. (Abby is my sister!).

We will then have a church BBQ over lunchtime in Chris and Carole's garden, which the Bagumas will be at. A great opportunity to spend some more time with each other and have fun!



If you are planning to come to the BBQ, please could you sign up here <https://stmatts.churchsuite.com/events/sy0ssact>

This is not binding - you can still come if you change your mind later on and haven't signed up - it just gives us an idea of numbers.

We will provide the meat, but please bring a salad or pudding to share if you can and a £2.50 donation per person towards the meat, rolls, etc.



Joe and Charis' wedding...

Just a reminder that you are welcome to come to church for Joe and Charis' wedding tomorrow at midday, and to stay for refreshments after the service. We wish them both all the best for tomorrow and for the start of their married lives together.

There won't be a newsletter next week, as I am away.

Chris will be working next week, so do be in touch with him if you need anything.