

# St. Matt's Midweek Update – 16<sup>th</sup> September 2022



How has your week been?

When I walked to work this morning, I wore a jacket for the first time in a while, and it felt like the season is changing - autumn is coming.

And yet, this week, it feels like time has stopped, doesn't it? The death of our Queen is a huge thing for our country, however it affects you personally.

It reminded me of the verses in Ecclesiastes which talk about there being a time for everything...

"A time to be born and a time to die....

A time to weep and a time to laugh,

A time to mourn and a time to dance..."

The thing is, we don't generally all have the same thing happening at the same time. This week of mourning is a rare occasion when lots of people are grieving at the same time.

So in this strange time our country is going through, and as the seasons are changing, let's remember not just to look after ourselves (which is important), but to see other people and the time they are in, recognising what support they might need. We all react to things differently, we all have different seasons in our lives, but we all need each other as we journey through these things.

## Notices

### Church walk tomorrow



Join us for a walk tomorrow morning if you can - a great way to look after ourselves and each other, as we walk and chat! We will start in Hildenborough at 9.30am, head across to Haysden Park where there are toilets and a cafe, and then back to Hildenborough. The walk is approximately 45 mins each way and is flat - suitable for all.

The meeting place is Hilden Park Road, Hildenborough. As you leave Tonbridge on the Hildenborough Road (passing the Oast Theatre and Premier Inn) turn left just before the BP/M&S garage. This is Hilden Park Road. Continue along to the corner of Stacey Road. Parking is free from number 39 Hilden Park Road (postcode is TN11 9BN).

### This Sunday

We just have our morning service this Sunday, and we will be sharing communion together.

Our service will focus on our late Queen, with prayers and reflection.

We will still have the book of condolence available for anyone who would like to sign it.

There will be youth and children's groups this Sunday morning during the service.

### Youth and children's midweek groups

Ignite and toddler group started back this week, and it was lovely to see so many young people and families in church.

Deeper (for children in school years 3-6) will now restart on Monday 26<sup>th</sup> September at 3.30pm, due to the bank holiday this coming Monday.



### Mission Prayer Meeting

Our monthly prayer meeting for our mission partners is on Wednesday 21<sup>st</sup> September 3.30pm at Mary's house and on Zoom. Everyone is welcome - please let me know if you need details to join.



### **Macmillan Coffee Morning**

Rosemary and her team are holding a Macmillan Coffee Morning on Tuesday 27th September 10.30am - 1pm in the Church and Church Centre. Stalls will include cakes, gifts and toiletries, raffle and tombola. Any contributions would be gratefully received. Please contact Rosemary if you can help or have any donations.



### **Harvest service and lunch**

Sunday 2nd October will be our harvest service and we will be having a bring and share lunch afterwards.

If you would like to come to the bring and share lunch, please could you sign up to indicate how many are coming and what you might bring <https://stmatts.churchsuite.com/events/uaykuca8>

**Wedding** - you are very welcome to join Giles and Elaine for their wedding at St. Matt's Church on Saturday 24th September at 1pm, with refreshments in church afterwards.

**Service of Thanksgiving** - you are also invited to join Dee and family for a service of thanksgiving for William's life, in church on Tuesday 4th October at 2pm.

### **Training course for volunteers with youth**

Youth For Christ are going to be running a training course for those who volunteer with young people, but it might also be helpful for parents of youth or those who would like to think about volunteering.

It is a free course which will run fortnightly on Monday evenings from October.

I have emailed the information to all our youth team, but let me know if you would be interested, and I'll forward it onto you.

If you would like to book into the course, please let me know and I will let YFC know.



### **Embark21 workshops**

Jill Grainger's charity, Embark21, have 2 new workshops starting in October. Both are 6 weeks long.

One is on bereavement and loss, and the other is on anxiety and stress.

Below are the flyers with all the information on.

**Job vacancy** - St. Matt's School are looking for a school crossing patrol person. If you are interested, let me know and I'll give you the details.

Have a good weekend, and we hope to see you in church or on the walk.  
Please be in touch if you need any help or support.



# BEREAVEMENT & LOSS WORKSHOP

ONLINE 6 WEEKLY SESSIONS  
£60.00



**Book Now!**

Workshop starts  
Wed 5 Oct – Wed  
9 Nov

7-8pm online

What causes grief?  
Stages & cycles of  
grief, Physical &  
psychological effects,  
Delayed grief &  
chronic grief, Other  
losses, Four tasks of  
mourning.

**EMBARK 21 CIC**

Registered No. 13564494  
Not for Profit

Call Jill on 07841  
375949 or free Contact  
form on our website

[www.embark21.co.uk](http://www.embark21.co.uk)

# ANXIETY & STRESS WORKSHOP



ONLINE 6 WEEKLY SESSIONS  
£60.00



**Book Now!**

Workshop starts  
Tues 4 Oct – Tues  
8 Nov

1 – 2pm online

Understanding &  
working with anxiety,  
The psychological  
symptoms, Insomnia &  
behavioural symptoms,  
Mindfulness techniques,  
Questions for self, Eight  
tips on how to live a  
stress-free life.

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