

# St. Matt's Midweek Update – 18<sup>th</sup> November 2022



How has your week been?

Everyone I speak to at the moment seems to be incredibly busy and anticipating that crazy time running up to Christmas when there is just too much going on.

Christmas is still (or only!) 5 weeks away, but here in church, we are in the thick of planning everything to do with Christmas. When you are spending your time planning for what is ahead all the time, it is easy to miss what is happening in the present, and we forget to enjoy it. It is also easy to put so much energy into the planning, that by the time we get to the event, we are worn out and no good to anyone!

I read something about keeping the Sabbath this week, and I realised how easy it is to just keep going and not to give ourselves a day of rest. Do you have one day a week where you don't think about work or look at any emails; or where you just spend time with your immediate family, doing fun things and enjoying each other's company; or where you take time out for yourself and free yourself from the demands everyone else places on you?

Maybe that can't happen every week, but it is important that we build time into our lives to refresh and restore our bodies and minds and souls.

That's what Sabbath is - a regular time of rest and restoration.

Even Jesus knew that he needed to be intentional about taking that time out, to rest, to reconnect with God, to look after himself, and he taught that to his disciples as well...

Mark 6:30-32 says, "The apostles gathered round Jesus and reported to him all they had done and taught. Then, because so many people were coming and going that they did not even have a chance to eat, he said to them, 'Come with me by yourselves to a quiet place and get some rest.' So they went away by themselves in a boat to a solitary place."

Do you need to build in some time for rest and spiritual refreshment this week?

## Notices



### Community Larder Christmas Event...

Don't forget to go along to the **Bethel Hall tomorrow** and support the community larder's Christmas Event. 10am - 12pm for lots of stalls, cakes and Christmassy fun!

### St. Matt's Warm Space...

We will be opening our church centre as a warm space every Wednesday from 10am - 4pm, starting this coming Wednesday (23rd November). There will be free tea and coffee and a soup lunch, as well as board games and Wi-Fi. It's a place for people to come and be warm and be around other people at these difficult times.

Thank you to everyone who has volunteered to make this happen. Please speak to Chris or myself if you would still like to get involved and please spread the word to those who might need somewhere like this over the winter.





### **Wreath making evening...**

Last chance to get your tickets for our Revive wreath making evening, which is next Friday! Bookings will close on Sunday night, so get your tickets over the weekend if you haven't booked already. Here is the link with all the information and to book your ticket <https://stmatts.churchsuite.com/events/uoth32hu>

### **This Sunday...**

This Sunday we just have our 10am service, both in church and online. We will have communion during the service, and there will be groups for our children and youth.

We hope you can join us!



If you need any help or support during the week, please be in touch with us in the church office. We hope you have a lovely weekend.