

St. Matt's Midweek Update – 20th January 2023

I hope your week has been ok and you have managed to keep warm. It's been lovely to see the sun, but not so nice to be so cold all week!

This January I have been thinking again about what I need to do to keep myself healthy - physically, mentally, emotionally and spiritually. I don't make new year's resolutions, but it is a good time to review whether we are looking after ourselves well, and living in a way which is good for ourselves and those around us.

One thing that I have been very intentional about over the last few years, is making sure that I have a few good friends who I am walking with and who I can encourage and get encouragement back from them. This doesn't just happen on its own - it takes effort and time, but it is so worth it.

This term in our morning services, we are 'Walking with Jesus'. But I don't think we can do this on our own. Having other people around us to encourage us and build us up and support us through the tough times is so important.

Hebrews 10:24-25 says,

"And let us consider how we may spur one another on towards love and good deeds, not giving up meeting together, as some are in the habit of doing, but encouraging one another - and all the more as you see the Day approaching."

Life is not easy at the moment, so let's find those people who can walk with us and support us, and try to offer that support and encouragement to others around us. And if you have given up meeting with others, for whatever reason, maybe now is the time to reach out to someone or to venture back into church and see what happens.

If you would like to find out about joining a house group at St. Matt's, please chat to Chris or I about it. You could also set up a pod (smaller prayer group) with one or two friends and meet regularly to pray for each other.

Notices



This Sunday...

This Sunday we have our 10am service and our monthly 7pm service.

In the morning, Richard will be speaking to us, and there will be groups for children and youth.

The evening service is more relaxed and smaller, with more worship and communion.



Thank you to everyone who has volunteered to help out with different groups and roles this week - we really appreciate it! It will take a little bit of time to get DBS checks done, but teams are already looking a bit healthier!

If you are still thinking about whether you could help out anywhere, these are the teams where we could still use some extra help...

- Sunday morning children's group for primary school age children - 1 more person once a month would be great
- Deeper on Mondays 3.30pm - 5pm for school years 3-6 - at least one more person once a month

- Baby and Toddler group on Thursdays 9.30am - 11am - 1 more person would be helpful
- Sound and visual teams during the 10am services could both use at least one more person on each team



Men's get-together - Saturday 4th February

Kevin and Graham are arranging a get-together for a Brewery tour at Cellar Head Brewing Company in Flimwell and would like to invite the men of the church to join them. cellarheadbrewing.com
Cost £15 for the tour which includes beer tasting. Indian food truck (VW camper van!) will be turning up for those of you wanting to purchase something to eat.

Spaces limited so confirm your booking early to avoid disappointment.

To confirm your booking on to the tour please contact the church office and we will put you in touch with Kevin.

****Please do not book direct with the brewery because ours will be a separate private tour****

We are meeting there at 12 noon for a pre-tour beer then our tour will start at 1.15pm. There will also be the opportunity for drinks after if desired. There are limited spaces available for transport leaving from St Matts Church at 11.30am on a first come first served basis.

Brewery address is: The Barn, Pillory Corner, Flimwell, TN5 7QG.

<https://cellarheadbrewing.com/products/monthly-brewery-tour>

Details of the Indian can be found on this Facebook

page <https://m.facebook.com/100063507582496/>



Thank you to everyone who was able to give to our **Tearfund Christmas Appeal**. We raised about £1,500, which is a great amount to be able to send them to help with all the work that they do around the world.



Richard Foot has asked us to keep praying for persecuted Christians in many countries around the world. This week Open Doors launched their World Watch List in Parliament, which gives details and prayer points for the 50 countries which have had the highest levels of persecution in the past year.

Let's pray for those countries and people being persecuted but also that MP's 'will be compelled by what they have heard to use their power and influence to protect the rights of persecuted Christians around the world.'

If you would like to know more about this, or have a copy of the 2023 list, please speak to Richard Foot.

Job opportunities

Emerge Advocacy is a charity who support young people who are admitted to hospital for a mental health crisis, both in hospital and when they are discharged home. They have funding to expand into East Kent, so have quite a few jobs advertised at the moment here <https://emergeadvocacy.com/jobs/>

Carrotty Wood in Tonbridge have 2 job vacancies at the moment:

Administrator Full time, 37.5 hours per week (or minimum 0.8 FTE). The closing date for applications is **Wednesday 8 February 2023**.

Maintenance Technician Full time, 37.5 hours per week. The closing date for applications is **Thursday 9th February 2023**.

For full job descriptions and an application form please email job.enquiry@rockuk.org or telephone Abigail on 01933 654 103.

Life & Soul Youthwork are looking for a new trustee. Life & Soul is a local charity that works in most of the primary and secondary schools in and around Tunbridge Wells supporting children and young people with their mental health. The board of trustees meets four times a year (Wednesdays from 9.30am to 11.30am) and is responsible for strategic and financial oversight of the charity. They are particularly looking for people with a background of working with or supporting children and young people. If you would like more information then please check out their website <http://lifeandsoul.org.uk> or email sarahf@lifeandsoul.org.uk

Have a lovely weekend and hope to see you on Sunday.