

St. Matt's Midweek Update – 11th July 2025



I hope you have had a good week.

It's been a busy one here for me, with our lunch and afternoon at Adamswell on Sunday, additional needs training for our youth and children's volunteers on Monday, 32 young people boating at Dunorlan on Tuesday, and trying to get our parish profile finalised ready for the PCC to approve. All exciting stuff though!!

This morning I read the Lectio 365 morning prayer, and it is all about Saint Benedict, whose practices and prayers provide the foundation for the Lectio devotions.

St. Benedict focused on living in community and getting the right balance of work and rest.

Even when we are busy doing 'good' things, we need to be reminded sometimes to slow down, to give ourselves rest, and to refocus on Jesus.

The devotion asks 2 questions for us to think about in our own lives:

Do I have a healthy balance between work and rest in my life?

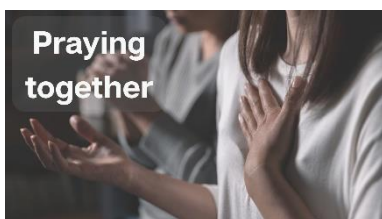
What might I put in place to ensure that I prioritise people and relationships over work and function this week?

As an introvert who likes to get jobs completed, this 2nd question is a real challenge for me! But it is important to step back sometimes and think - am I spending enough time with my family, am I reaching out to those who are on my heart, am I investing in friendships, am I spending time praying for people?

The world we live in is hectic and over-stimulating and exhausting sometimes. So let's take a moment to rebalance the things that need it, to carve out time to spend with God, and to do things that give us and those around us life.

"The thief comes only to steal and kill and destroy; I have come that they may have life, and have it to the full." John 10:10

Notices



Let's get together to pray!

This Sunday we have our prayer breakfast from 8.30am - 9.30am in the church centre. We'd love to see you there if you can make it!

We have also added in another prayer meeting during the summer.

We will get together on Tuesday 12th August at 8pm in the church centre to pray.



This Sunday (13th July) we are back with Joseph in our 10am service as we near the end of his story. Suzanne will be speaking to us from Genesis 45 and there will be groups for our children and youth.

The year 6s will be moving up to youth for the last couple of weeks of this term, as they get ready to go to secondary school in September.

We also have our 5pm service this Sunday, with Trevor leading and speaking.

Next Sunday (20th July) we just have our main 10am service with communion. Anthony Hammill will be finishing our Joseph series for us, and there will be groups for children and youth.



A few things coming up over the next couple of weeks:

Monday 14th July - Leadership Team meeting
 Monday 21st July - St. Matt's School year 6 leavers' service in church
 Monday 21st July - PCC meeting
 Wednesday 23rd July - Mission prayer meeting
 Saturday 26th July - Knitting Hub



Become a Life & Soul Mentor

Life & Soul is one of our mission partners and is a Christian charity working in local secondary schools to offer one-to-one mentoring for students who need someone to walk alongside them with care, consistency, and hope. Right now, they're inviting new volunteer mentors to join them. What does it take to be a mentor? Just a couple of hours a week in term time, a desire to support young people, and a willingness to join in with training and ongoing support. They provide everything else: a clear programme to follow, a friendly and prayerful team, and—of course—cake whenever they gather!

If anyone would like a no-pressure chat about what's involved, or is ready to sign up, they can get in touch with Angie at angies@lifeandsoul.org.uk

«unite.» youth
 #FUN #FOOD #FAITH
 @ The Wells Church, Hanover Rd, TN1 1EY
 5:30-8pm - £2 on the door -
 School years 6 - 13

July 11th - Summer Party!

Spoken word artist, graffiti wall craft, safe haven workshop plus football, food, music, dancing, craft, games, Deeper workshop and friends!

Cake sale 8pm - bring some money to buy cakes to raise funds for our trip to Satellites Festival

 Tunbridge Wells
YOUTH FOR CHRIST
 @twyfc



Bookings and info scan QR code or
www.madapps.uk/twyouth4christ/

Please be in touch if you need any help or support at the moment.

I hope you have a lovely weekend, and we see you on Sunday at one of our services.

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