

St. Matt's Summer News!



I hope you are having a good week.

For those of you with school age children, or who work in schools or education – welcome to the summer holidays!

I've got to that stage now where the summer holidays don't feel so different. Yes, Zara is at home on a very long summer holiday! I do have some annual leave booked, but work also carries on.

But even if your life doesn't follow the school terms and holidays, the summer still has a different feel about it, I think. Lots of the usual things stop happening over August, people go away, and life just feels generally calmer. I know having children at home adds a different set of juggling and stress, but the summer is still a break to the normal routine for lots of us.

So even if your summer is still looking busy, it is a good time to think about the rest and refreshment that Jesus brings. It's a time when we are out of our normal routine and we can maybe start to add in some times when we reset our relationship with God.

It's not necessarily being less busy that gives us the rest Jesus offers (although that probably helps!). But it's walking with him in everything we do, going to him in prayer, reducing distractions that lead us into bad habits, finding time to turn off screens, being outside in nature, listening to worship music. Find what works for you.

And maybe the summer is the time to try some new things out, but also to decide if you need to cut anything out of your life.

I love The Message version of Matthew 11:28-30, where Jesus is speaking to his followers: "Are you tired? Worn out? Burned out on religion? Come to me. Get away with me and you'll recover your life. I'll show you how to take a real rest. Walk with me and work with me - watch how I do it. Learn the unforced rhythms of grace. I won't lay anything heavy or ill-fitting on you. Keep company with me and you'll learn to live freely and lightly."

Interesting that Jesus says walk with me and **work** with me. He is not saying we shouldn't be serving and working. He is saying that we must be doing these things **with him**, and use the rhythms of life that he shows us in the Bible. Then we will find rest.

That is my prayer for all of us this summer holidays.

Notices

I won't be doing any more newsletters until the end of August, as there is not so much going on, so keep this somewhere to refer back to if you need it!

Office hours and contact details for August

Rob and I both have leave over the summer holidays, but one of us will be around for most of August.

I am on leave 29th July - 5th August, and then 17th - 24th August.

Rob is on leave 31st July - 7th August and then 24th - 28th August.

The best thing is to email us anyway, and if we are away you will get an out of office with alternative contact details, or phone the office phone and one of us will pick up the answer phone messages.

Office phone number - 01892 618108

Rob's email - rob@stmattschurch.org.uk

Hannah's email - office@stmattschurch.org.uk

Brian's email - brian@stmattschurch.org.uk



This Sunday (26th July) we just have our 10am service with communion.

Rob will be finishing our Marks of Mission series at 10am, with Treasure from Romans 8:19-23. There will be groups for our children and youth during the service.

All the Sundays in August will then be family services at 10am, so our amazing children and youth team volunteers can have a rest. We will be looking at different Psalms through August.

Sunday 2nd August

8am Book of Common Prayer communion service

10am family service - Psalm 104

Sun 9th August

10am family service - Psalm 62

5pm service with communion

Sun 16th August

10am family service with communion - Psalm 23

Sunday 23rd August

10am family service - Psalm 91

Sunday 30th August

10am family service - Psalm 139



Could you join a team in September?

The summer is a good chance to review what you are doing in church, and I will be emailing all the different volunteer teams over August to check whether you want to carry on serving as you have been from September.

You might want to think about joining a new team in September, or you might be considering stepping down from a team - do let me know either way.

The teams that could definitely use another member or two are the Sunday coffee team and Deeper on Monday afternoons.

But we are happy to welcome new members to any of our volunteer teams!

Free training for volunteers with children and youth

The Diocese are running two different training courses in the autumn, which are both free! If you volunteer on any of our youth or children's teams, you might want to check them out.

Catalyst Training - Catalyst training is for those who want to be equipped, empowered and resourced to serve the next generation and is for people with a range of experience, from new volunteers to paid children and youth workers. The course runs from October to May and combines online learning with some face-to-face sessions as well as a weekend. A great way to think about our ministry with topics like developing relationships, culture and ministry, inclusion and discipleship. For more information - [Home | catalyst](#).

If you would like to book your place, please contact Sarah Cabella sarah.cabella@rochester.anglican.org

Youthscape Youth Ministry Essentials - is an all-round training for every volunteer youth leader. The course covers 30 different topics; including insights into youth culture, practical skills to build confidence and the development of leadership characteristics. It starts in September 2026. Here is a short video link to see what the course is about - <https://vimeo.com/1120131703>

CATALYST

FREE TRAINING

2026/27

FREE FOR ANOTHER YEAR!

Scan to book your place



Key Dates: (all sessions run 9:30-12noon):

- **Induction:** 3 October (full day in Cambridge)
- **Session 1:** 17 October (9:30-12noon Rochester)
- **Session 2:** 21 November (9:30-12noon Rochester)
- **Session 3:** 5 December (9:30-12noon Canterbury)
- **Conference (inc. Session 4):** 29-31 January (The Hayes, Alfreton)
- **Session 5:** 6 March (9:30-12noon Rochester)
- **Session 6:** 17 April (9:30-12noon Canterbury)
- **Celebration:** May (TBC) (full day in Cambridge)



Any questions, contact us:

Jen Tobin (Diocese of Canterbury) jtobin@diocan.org
 Laura Webster (Diocese of Rochester) laura.webster@rochester.anglican.org

Catalyst is a dynamic training course which aims to equip and connect those who work with children and young people in the local church.

Catalyst is for:

- Those who want to be equipped, empowered and resourced to serve the next generation.
- Those who want to be a catalyst for change in our churches and communities.
- People with a range of experience, from new volunteers to paid children and youth workers.

Developed by Ridley Hall and co-delivered by the Dioceses of Canterbury and Rochester.



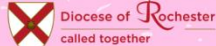
YOUTHSCAPE ESSENTIALS

FREE

ALL-ROUND TRAINING FOR YOUTH VOLUNTEERS

5 TH SEPT	In person
15 TH SEPT	online
6 TH OCT	online
20 TH OCT	online
3 RD NOV	online
24 TH NOV	online
8 TH DEC	online
16 TH JAN	In person

to book contact Sarah:
sarah.cabella@rochester.anglican.org
BOOK BY 30TH JULY




The annual Ride and Stride event, run by Friends of Kent Churches, is happening on **Saturday 12th September 10am - 6pm.**

You can cycle or walk around as many Kent churches as you like, getting sponsored for your efforts. Sponsorship money raised will be divided equally between Friends of Kent Churches and the church of your choice.

If anyone is interested in taking part in this event, I now have sponsor forms and all the details you need to take part.

If you need any help or support over the summer, please do be in touch.
 We look forward to seeing you on Sunday.