

St. Matt's Midweek Update – 27th June 2024



I hope you are having a good week.

Last week Zara and I were lucky enough to have a week away in the sun, to celebrate the end of her GCSEs. We had a lovely time, and she is a pleasure to be with most of the time!

As with all relationships though, you can go through the normal day to day routines without spending much time together, and without talking about anything meaningful. Especially with teenagers I think!

So having a week of quality time, where we could talk or just be comfortable relaxing together, where we would eat all our meals across a table from each other, was really special and made me realise that that doesn't happen often enough in everyday life.

We have to make the effort and carve out space to have quality time with our loved ones, and it is so important for our relationships.

And it's the same with God. It is so amazing that we can talk to God whenever we want and wherever we are. But do we spend meaningful quality time with God?

I know this is something I am not very good at, and I am really looking forward to New Wine, because I know there will be lots of that extended focussed time where I can listen to God and hear from Him.

But we don't have to go to a festival or conference to have quality time with God. Maybe you are good at fitting it into your life. Maybe you have that set aside time every day or every week. If not, then where in your week or your day could you take some uninterrupted time to seek God?

However we make space for it, it is so important. Even Jesus made sure that he had quality time with the Father, going off by himself to pray and talk to God.

And now more than ever, with our country coming to elections and our world feeling in turmoil, let's commit to making that time with God.

God says "If my people who are called by my name, will humble themselves and pray and seek my face and turn from their wicked ways, then I will hear from heaven, and I will forgive their sin and will heal their land." (2 Chronicles 7:14).

Amen.

Notices



This Sunday we have our 10am service, with groups for our children and young people.

We are still looking at Encounters with Jesus, and Chris will be speaking about Nicodemus, from John 3:1-21.

Next Sunday (7th July) is the first Sunday in July, so we have the 8am communion service from the Book of Common Prayer, and then our family service at 10am.

Our mission partners from MAF Uganda (Sam, Abby, Rachel and Rebecca Baguma) will be with us for the family service and will be sharing with us about their work and life in Uganda.



After the family service on 7th July we will be having a church BBQ in Chris and Carole's garden (72 Powdermill Lane).

Everyone is welcome to join us, but we would ask you to sign up by this Sunday so that we can order enough meat! You can sign up on the sheet at the back of church, or here at this

link <https://stmatts.churchsuite.com/events/rsqpadfr>

We will provide meat (or vegetarian / vegan alternatives), rolls and soft drinks. If each person or family coming could bring a salad or a pudding, then there will be plenty to go around!

We have a few people with nut allergies, so please can we say NO NUTS in any salads or puddings. Thank you.

We are suggesting a donation of £2.50 per person to cover food, but please just pay what you can manage, especially if you are a larger family!



Our next prayer meeting is on Monday (1st July) at 8pm in the church centre. Come and pray for our nation as we go to the polls next week, and for our church and our world as well.



Because of the church being a polling station, **toddler group will be meeting in the park next Thursday (4th July).**

9.30am in Grosvenor and Hilbert Park, near the cafe and play area. Julia will be there to chat to parents / carers and give out ice lollies!

The next Walking Hub will be on Saturday 6th July at 10am.

It will be a walk with a difference at:

Sevenoaks Wildlife Reserve, Bradbourne Vale Road, Sevenoaks TN13 3DH (just off the A25, take the Riverhead exit from the A21).

Website www.kentwildlifetrust.org.uk

There are a number of walks round beautiful lakes and an opportunity to see all different types of wild birds - definitely worth bringing a camera as there are several hides which allow you to watch all the different birds on the lakes. This is a flat walk with paths and beautiful scenery.

There is a car parking charge of £3.50 which is for the whole day and there is also a cafe, children's play area and picnic area.

Please note that on this occasion dogs are NOT allowed.

We will be meeting at Sevenoaks Reserve at 10am. If anyone requires a lift, please contact the office on office@stmattschurch.org.uk



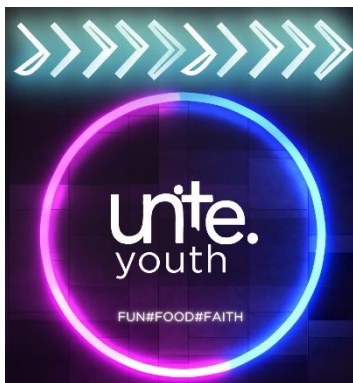
POSSIBLE FUTURE ST MATT'S MINDFULNESS GROUP

Having chatted to Chris recently, Jill Grainger would like to assess whether there would be sufficient interest in her starting up a Christian adults' mindfulness group. The format would include and evolve around a biblical verse, and mindfulness and relaxation exercises, approximately 40-50 minute group sessions.

If this would be of any interest to you, please initially contact Hannah in the church office to register your interest together with your name, contact details and preference of either daytime or evening sessions or catch Jill in church or on a Wednesday at the Community Hub. Please let us know your interest by **Sunday 17th July.**

Half night of prayer for the elections...

St. James' Church are hosting a half night of prayer (from 6pm to midnight) on Tuesday 2nd July for the election to be held later that week. St. James' is inviting all the churches in Tunbridge Wells to join them to pray together for our town and country at this time of change and transition. There will be a mixture of prayer stations, punctuated by sung worship and praying together every hour or so. This enables people to spend as much or as little time as they want to praying and helps those that do the whole six hours to keep focused and praying.



The next town-wide youth event run by YFC is on Saturday 13th July and it is Unite in the Wild. It is for anyone in school years 6-13. It will be held at Temple Grove Academy in Sherwood and runs all day from 10am - 6.30pm. The cost is £15 per person, but you can let YFC know when you book if this is a problem.

There will be bush craft, sports, activities, Laser Tag, faith, basketball, BBQ and S'mores, and a football tournament.

For more information and booking go to www.madapps.uk/twyouth4christ/

YFC are also running a camp at Adamswell in the summer. It's from 20th - 22nd August, for anyone in school years 6-13. The cost is £60 per person, but we can help with that as a church if your young person would like to go and the cost is a problem.

There will be quad bikes, faith talks, outdoor activities, bush craft, BBQ, bonfire and more!

For more information and booking go to www.madapps.uk/twyouth4christ/

That's all for now! I am off tomorrow for a family event, so please contact Chris with anything to do with this Sunday's service or anything urgent. chris@stmattschurch.org.uk

Hope to see you on Sunday.