

St. Matt's Midweek Update – 31st January 2025



How are you?

We have finally made it to the last day of January!!

I feel like I should like January, as it's my birthday month, but in reality, it's long and dark and cold! There was one Monday in January which has been badged as 'blue Monday' - the day when we apparently feel lowest following all the Christmas and New Year festivities.

But actually struggles with mental health can happen on any day of the year, and are to do with a lot more than the weather and the darkness, although I'm sure that doesn't help.

I was reminded this week that we often don't know what people are going through unless they are brave enough and feel safe enough to share it with us. Someone I see most weeks in a big group shared something about an awful situation she is finally getting out of, which I don't think any of us had any idea about. She turns up each week with a big smile on her face and is a lovely bubbly person, and you wouldn't know what was going on in her personal life.

It just reminded me that we can all be people who really care about others, and who create space for others to share with us if they want to. Maybe it's about genuinely asking someone how they are, and giving space for them to answer. Maybe it's asking them several times, just to be sure when they say they are fine. It could be reaching out with a text or a phone call when someone comes to mind. We can all look out for and care for each other. We don't know what people are going through, but we are called to love each other regardless.

Romans 12:10 says "Be devoted to one another in love. Honour one another above yourselves."

Notices

Eating out at St. Matt's



This is happening in a week, and we have a good number coming so far, but we know some of you won't have got round to signing up yet!!

Please sign up by the end of this weekend if you are coming. Sign up

here <https://stmatts.churchsuite.com/events/ssl8xdti>

Dedo is taking dietary requirements into consideration and all the dishes will be labelled with ingredients.

We will provide some soft drinks, but if you would like anything alcoholic, please bring your own.

Looking forward to seeing you there!



This Sunday (2nd Feb) we have two services - 8am communion service and 10am family service.

In our family service Chris will be speaking about Candlemas.

Next Sunday (9th Feb) we also have two services, at 10am and 5pm.

Mark will be carrying on our series about the armour of God in our morning service and there will be groups for our children and young people.



We will be baptising adults on Easter Sunday this year, as we often do.

If you are interested in being baptised at Easter this year, then please speak to Chris or Hannah soon.



Defibrillator and CPR Awareness sessions

As you know, we now have a defibrillator on the outside of church, thanks to Community First Responders. They are going to come and run a couple of hour long training sessions for anyone who would like to learn how to use the machine and do CPR.

The sessions will run on Thursday 6th March in church, one at 7pm and one at 8pm. There are 12 spaces in each session.

If you would like to join one of these sessions, please sign up using the links below:

7pm session <https://stmatts.churchsuite.com/events/nhbcmkz6>

8pm session <https://stmatts.churchsuite.com/events/1zb1svcy>

These sessions are for anyone who is interested, and you may like to consider it if you are a regular volunteer at any of our groups.

Electoral roll - The electoral roll is like a membership of the church - it's a Church of England thing and being on the electoral roll of St. Matt's Church allows you to vote in meetings and to stand for roles like PCC or church warden. It is also a way of saying that St. Matt's is your church and you are invested in it.

Once every 6 years, we have to do a whole new electoral roll - so everyone has to sign a form to join the roll again, regardless of whether you were previously on it or not. That is happening this year!

We have tried to make life easier by having an online form which you can fill in if you prefer, or there are paper copies at the back of church.

So if you see St. Matt's Church as your church, please do fill in a form to join the electoral roll.

Here is the online form <https://stmatts.churchsuite.com/-/forms/gpuczzft>

If you have any questions, do let me know.



It is 15 years since Tunbridge Wells Youth for Christ received Chartered status from British Youth for Christ. They are holding a celebration evening at St James' Church on Sunday 16th Feb from 4.30pm - 6pm with light refreshments afterwards. Everyone is welcome.

Vox Anima Chamber Choir

presents

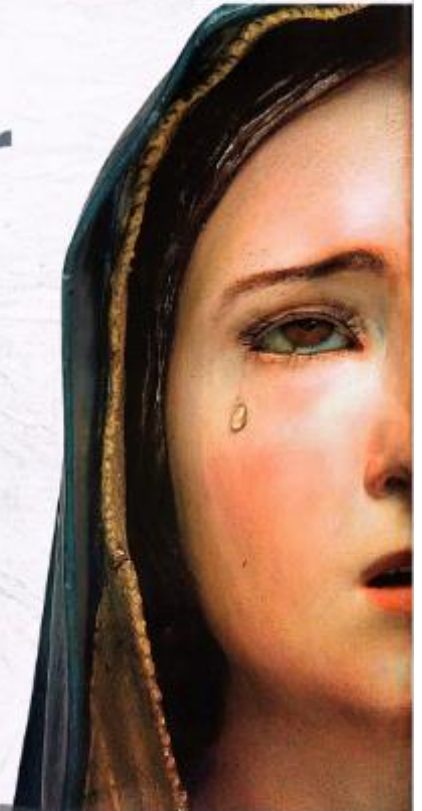
Stabat Mater

Kim André Arnesen

Saturday 15 February 2025 6pm
St Luke's Church, Tunbridge Wells TN4 9JH

James M. Meaders | Conductor
Richard Hammond-Hall | Pianist

Entry Free
Suggested donation £15



voxanimachamberchoir.org.uk

Concert promoted by Friends of the Vox. Charity no. 1200317

Please do be in touch with Chris or I in the office if you need any help or support.
Have a lovely weekend.