



Sunday 13 March 2022

www.st-matthias-church.org

Welcome!

Today, the theme is **Simplicity**

Join us either in church or online via our YouTube channel

<https://tinyurl.com/88s6x6fd>

or via the church website - follow links from 'online services and worship resources' home page

Today 13 March	8am Holy Communion (<i>Book of Common Prayer</i>) in church
	10am – 10.30am Prayer Vigil in church for Ukraine
	11am Morning Worship in church and livestreamed https://youtu.be/aCV7caNA48s Link for children's activity sheet: https://d3hgrrlq6yacptf.cloudfront.net/5f107d5e319c5/content/pages/documents/contentment.pdf
	4pm Encounter <i>informal worship for all ages</i> – with refreshments!

Our readings today are:

1 Timothy 6:2b - 12

<https://www.biblegateway.com/passage/?search=1+timothy+6%3A2b-12&version=NIVUK>

Matthew 6:25-34

<https://www.biblegateway.com/passage/?search=matt+6%3A25-34&version=NIVUK>



Ukraine There will be a **special prayer vigil** this Sunday in church between 10am and 1030am. Coffee will be available for the pray-ers staying on for the 11am service!

Christian Aid Ukraine Appeal

Christian Aid have launched an emergency appeal for donations to help refugees from Ukraine. Christian Aid work through local partner organisations. You are invited to donate in support of this appeal, either (and preferably) via their website:

<https://www.christianaid.org.uk/appeals/emergencies/ukraine-crisis-appeal>

or by telephone: 020 7620 4444.

Several places across the Bay are **collecting goods for refugees** and there is a list below of the sort of things they are requesting.



Toothpaste/brushes

Soap

Shampoo

Nappies

Dry dog/cat food

Sanitary products

Good quality sleeping

bags/blankets/towels

Wet wipes

Batteries

Sealed bags of sweets

Colouring books and pencils

- Punk against Poverty - 97 Union Street Tq1 3dw Torquay
- Molly's pub - 20 Fore St, St Mary church, Torquay TQ1 4LY
- Maja Deli - Torquay Market Street - 39A Market St, Torquay TQ1 3AW
- Rotary Club - Torquay- 01803 295666
- Devon Garden Machinery - Kerswell Gardens, Newton Rd, Torquay TQ2 7HX

Each centre can be contacted beforehand if there is a change in what is needed.

Help to Hope

Struggling to pay the bills? You are not alone, and as a church family we want to try to help – initially with some small grants for food or fuel. So please do ask – have a quiet word to one of the clergy or to churchwarden Sylvia Barratt.

In the coming months, we're

also hoping to be able to run a session to provide some clothes; offer pointers to help budgeting; & some general healthcare advice.

Jubilee Weekend plans

We are hoping to construct a time line in church to make a 'St Matthias' and Wellswood story of the Queen's reign. If anyone has any photographs of the Queen on Royal visits and any memorabilia that they are willing to share, please could you see Cecil or Sylvia



Covid measures? Please do continue to wear a mask if you can, and be aware of distance and ventilation still. However, since we're sanitising hands on arrival to church, there's less value in sanitising them again immediately before receiving bread and wine of communion. We'll keep reviewing the situation. Thank you.

ALPHA continues...exploring life's big questions

16 March @ 7.30pm online

It's not too late to join ! Contact Pete or Pere in the office

-contact details below

Collect

O God, you have made us for yourself,
and against your longing there is no defence.
Mark us with your love,
and release in us a passion for your kingdom
in our disfigured world;
that we may turn from our guilt and face you,
our hearts desire, **Amen**

Janet Morley, adapted

Monday – Friday 12-2pm Church open for visitors/prayer	
Mon 14 Mar	7.30pm Lent Course week 2 <i>in church</i>
Tues 15 Mar	9am Toddlers <i>in church</i>
	12-1.30pm Matts Knits <i>in church</i>
	3.15pm Messy Church
Wed 16 Mar	9am Holy Communion <i>in church</i>
	10am Lent Course week 2 <i>in church</i>
	7.30pm Alpha <i>on zoom</i>
	7.15pm St. Matt's Gospel Choir <i>in church</i>
Fri 18 Mar	10-11.30am Mummy and Me <i>in church</i>
	6.30pm The Loft <i>in the Hall</i>
Sun 20 Mar	8am Holy Communion (<i>Book of Common Prayer</i>) <i>in church</i>
	9.30am 'Explore' <i>informal worship for all ages with children's group</i>
	11am Holy Communion 'Prayer'
	5.30pm Prayer meeting <i>in church</i>

LOVELIFE LIVELENT 😊



LIVING
IN LOVE
& FAITH

Lent Course continues on Monday 14 March at 7.30pm – repeated Wednesdays at 10am.

• **Sunday teaching on the 'Spiritual Disciplines'** – you may like to use one of these books to accompany your learning this Lent: the classic '*Celebration of Discipline*' by Richard Foster, or the more recent '*The Ruthless Elimination of Hurry: How to stay emotionally healthy and spiritually alive in the chaos of the modern world*' by John Mark Comer.

• **Messy Church** Tuesday 15th March 'Stop. Danger. Go no further!' Come and discover Jesus in the wilderness.... did Jesus give in to temptation? Full of indoor fun, crafts, worship and much more! Supper for **all** included! We are looking forward to seeing everyone - to book, please call Lena (01803 295268) or stmattscw@st-matthias-church.org

Ways to serve in the church

Coffee Makers We would like to start serving coffee again on Sundays after the 11am service. Would anyone like to join the team? Contact Pere - 214175

Minibus we want to offer lifts to church again but need to find drivers. Contact Andrew Stilliard on 07729 362802. (Please see note on safeguarding.)

St Matthias is committed to safeguarding and promoting the welfare of children, young people and vulnerable adults. In order to keep everyone safe we have a 'safer recruitment' procedure that we ask all volunteers to follow and all appointments are subject to acceptable pre-appointment checks.

Readings for Today

1 Timothy 6:2b-12

These are the things you are to teach and insist on. ³ If anyone teaches otherwise and does not agree to the sound instruction of our Lord Jesus Christ and to godly teaching, ⁴ they are conceited and understand nothing. They have an unhealthy interest in controversies and quarrels about words that result in envy, strife, malicious talk, evil suspicions ⁵ and constant friction between people of corrupt mind, who have been robbed of the truth and who think that godliness is a means to financial gain.

⁶ But godliness with contentment is great gain. ⁷ For we brought nothing into the world, and we can take nothing out of it. ⁸ But if we have food and clothing, we will be content with that. ⁹ Those who want to get rich fall into temptation and a trap and into many foolish and harmful desires that plunge people into ruin and destruction. ¹⁰ For the love of money is a root of all kinds of evil. Some people, eager for money, have wandered from the faith and pierced themselves with many griefs.

¹¹ But you, man of God, flee from all this, and pursue righteousness, godliness, faith, love, endurance and gentleness. ¹² Fight the good fight of the faith. Take hold of the eternal life to which you were called when you made your good confession in the presence of many witnesses.

Matthew 5:25-34

²⁵ 'Therefore I tell you, do not worry about your life, what you will eat or drink; or about your body, what you will wear. Is not life more than food, and the body more than clothes? ²⁶ Look at the birds of the air; they do not sow or reap or store away in barns, and yet your heavenly Father feeds them. Are you not much more valuable than they? ²⁷ Can any one of you by worrying add a single hour to your life^[a]?

²⁸ 'And why do you worry about clothes? See how the flowers of the field grow. They do not labour or spin. ²⁹ Yet I tell you that not even Solomon in all his splendour was dressed like one of these. ³⁰ If that is how God clothes the grass of the field, which is here today and tomorrow is thrown into the fire, will he not much more clothe you – you of little faith? ³¹ So do not worry, saying, "What shall we eat?" or "What shall we drink?" or "What shall we wear?" ³² For the pagans run after all these things, and your heavenly Father knows that you need them. ³³ But seek first his kingdom and his righteousness, and all these things will be given to you as well. ³⁴ Therefore do not worry about tomorrow, for tomorrow will worry about itself. Each day has enough trouble of its own.

SIMPLICITY

Advice about living simply from Richard Foster's 'Celebration of Discipline'.

1. Consider your clothes – by what you need.
2. Reject anything that is producing an addiction within you.
3. Develop a habit of giving away –de-accumulate.
4. Refuse to believe all of the adverts' promises.
5. Enjoy things without owning them.
6. Develop your appreciation for creation.
7. Use simple speech – let your 'yes' be 'yes' and your 'no' be 'no'.
8. Ensure you don't contribute to the oppression of others – e.g. buy Fairtrade
9. Seek first God's kingdom.

"Simplicity is freedom. Duplicity is bondage. Simplicity is joy and balance. Duplicity is anxiety and fear"

– and sustainable living

Lent Lent is often a time when we think about giving up something but this year, in the light of challenges posed by COP26, maybe we could take up **one** of the following challenges and see if we could keep going for a year, rather than just for Lent?

- Turning down the central heating by 1 degree (if possible).
- Grow something new, either indoors or out, from seed eg herbs, tomatoes, cut-and-come-again salad.
- Change to Fair Trade plastic-free teabags or loose leaf tea (Clipper brand is easily available) or swap one product with plastic packaging for similar with paper wrapping or no packaging.
- Choose one item of fruit or veg and buy locally sourced or organic.

If you would like more information on the impact of plastic production on our environment you may like to read the following article:

<https://www.ciel.org/wp-content/uploads/2019/05/Plastic-and-Climate-Executive-Summary-2019.pdf>

Great Fashion Fast! I am taking part in the Great Fashion Fast – a challenge to choose only 10 items of clothing from my wardrobe, including a coat, to wear during the whole of March (underwear and nightwear don't count!) I will be raising money for Tearfund and if you would like to sponsor me, you can do so via my Just Giving page - www.justgiving.com/judis-the-great-fashion-fast All money will go towards supporting communities already severely affected by climate change. Many thanks, Judi S

Sun Praise God for our diversity and pray that we will always seek to be charitable and respectful in our thinking and activities as a Church

Mon Please continue to remember the impact of Covid, those catching it for the first time, those needing hospitalisation, for more still to receive the vaccination, for all in the NHS still working with Covid sufferers, and for those grieving loved ones who have died of Covid.

Tue. Remember to pray for all who suffer in body, mind or spirit. May God meet each one at their point of need

Wed. Pray for those attending the Alpha Course on zoom, for Pete and Rachel leading it. May they all have their questions answered and come to a deeper faith in God

Thu. As our Bay prepares for the Easter holidays as the main start of the tourism year, pray for businesses getting ready, for those seeking work, and for those directly involved in the holiday industry, the council gardeners and others making the area look attractive and for all others providing civic services over this period

Fri. Pray for our leaders – may there be love and trust shown from them all. May they acknowledge God and seek His wisdom as they make decisions for world peace

Sat. Please pray for all who are finding life difficult due to the Ukrainian war. For all facing financial difficulty and those helping them cope with debt. Pray for those running food banks and other support, and for all those who are anxious in our community

Sun. Praise God that we can meet to worship together without hindrance. Pray that we may worship in Spirit and Truth. Give thanks for, and pray for our musicians as they seek to lead us all to the throne room of God in praise and adoration.

To contact the Church:

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