

Saint Matthew Today

WEEKLY NEWSLETTER AND PRAYER CORNER

At Saint Matthew UMC, we believe in open hearts, minds, and doors. Whoever you are, wherever you are on your journey, you are welcome here.

29 Jul 2026



This week, Rev. Mary Teague reminded us that we never walk through life alone. In Romans 8, Paul assures us that God's Holy Spirit is always with us, guiding, comforting, and praying for us, even when we don't know what to say ourselves.

Mary reflected on the many ways the Spirit is at work in our lives, helping us grow into the people God created us to be. Rather than trying to navigate life by our own strength, we are invited to trust God's presence and allow the Spirit to shape our hearts, our decisions, and the way we love others.

The good news of the Gospel is that God's love always comes first. Through Jesus Christ, we are offered grace, hope, and the promise that nothing can separate us from the love of God. As we learn to live by the Spirit, we discover the freedom to love boldly and to share that love with the world around us.



St. Matthew UMC
2414 Hitson Ln.
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saintmatthewumc.com

**July 30: 10:30 am – Thursday Prayer
Group and Bible Study**

**Aug 1: 5:00 pm – Saturday Concert
“An Evening of Disney Magic”**

**Aug 5: 10:30 am – Wednesday Prayer
Group and Bible Study**

**Aug 8: 1:15 pm – MLB Baseball
Baltimore Orioles vs. Texas Rangers
(RSVP Required)**

Aug 9: Back to School Blessings Sunday

*The Spirit of God makes our
prayer for us, in our
weakness, with groanings
that can never be expressed
in words*

Romans 8:26 (J.B. Phillips)



A Word from the Pastor

Hello, dear church family and friends,

As we finish our Love Boldly series, I want to share a few ideas I learned in my previous nursing role that have stayed with me.

First, taking care of yourself includes establishing intentional downtime. Set aside a specific time each day to step away from screens and unnecessary stimulation. Even five to ten minutes of quiet, mindfulness, prayer, meditation, or simply focusing on God's creation can help your nervous system reset.

Second, ask yourself, what are the things in my life that are truly meaningful to me? Identify two or three activities that bring you deep joy, then intentionally make time for them.

Finally, reconnect with hobbies, interests, and relationships that have brought you joy in the past. These recommendations are adapted from an article titled Exiting Survival Mode, published on the Texas Health Resources intranet.

As we begin our new series, Serve Courageously, I hope you'll spend a little time thinking about this: service to others is work, but it is also fuel for your soul. I'll have much more to share with you on Sunday morning.

I am so grateful to be doing this work with you. By the grace of God and through the power of God's love, we are building something new at Saint Matthew. I am excited to be walking this path together.

I also ask for your prayers as you read this, especially if you're reading on Wednesday. Today marks my final day serving as the Palliative Care and Hospice Program Coordinator at Texas Health Resources. I returned for one day to help with the program's re-certification inspection and, if all goes as expected, I will officially hand off this role to my successor at the end of the day.

Thank you for your patience, your understanding, and your prayers during this transition. I look forward to devoting my full attention to the ministry we share here at Saint Matthew.

Love to all,

Mary



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Kids' News

Be Still and Notice

Have you ever been so busy playing or talking that you almost missed something important? It happens to all of us!

This Sunday, we learned that God is always close to us, even when life gets noisy or busy.

King David wrote that he wanted to wake up each day knowing God was with him. Sometimes the best way to remember that is to slow down for just a moment and notice.



Family Challenge

Choose one time each day this week, maybe at dinner or before bedtime, and have everyone share one thing they noticed that reminded them of God's love. It could be a kind friend, a beautiful sunset, someone who helped you, or a moment that made you smile.

Talk About It

- What is something beautiful you noticed today?
- When do you feel especially close to God?
- How can you help someone else notice God's love this week?

Read

- [Psalm 17:1-7,15 NIV](#)

Prayer

Dear God, thank You for always being near us. Help us slow down, notice Your love, and share that love with others every day. Amen.

A Word from our Church Family

Our church family experienced both sorrow and joy this week. We said goodbye to our friend and fellow church member, Mac Selfen. We continue to lift the Salfen family in our prayers, giving thanks for Mac's faithful life and the many ways he blessed our church family through the years.

In the midst of our sorrow, God also gave us reasons to rejoice. It was a joy to see Keith Butterfield back in worship with us last Sunday, and we were delighted to welcome so many visitors to Saint Matthew. Moments like these remind us what it means to be the body of Christ. We grieve together, celebrate together, pray together, and welcome one another with open hearts.

Whether you've been part of Saint Matthew for decades or joined us for the first time this past Sunday, thank you for being part of our church family. May we continue to encourage one another, care for one another, and faithfully reflect Christ's love in every season of life.

Would you like to share a word with our church family in next week's newsletter? We'd love to hear from you. Email pastor@saintmatthewumc.com.

Help Us Care for Our Community

As these hot summer days continue, we're collecting bottled water, Gatorade, and individual Gatorade drink mix packets to support those in need in our community.

If you'd like to help, simply bring your donations to the church, and Ronnie and the outreach team will make sure they reach those who need them most.

Thank you for helping us share Christ's love in a practical way.

