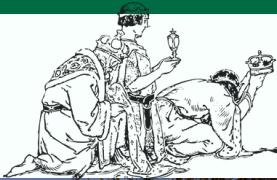




# NEWSLETTER

January 2026


**WELCOME**
**Morning Prayer**

All are welcome to join us for our regular weekly services. On Wednesday 9:15am for Morning Prayer and Bible Study. On Sunday at 10am we have Morning Prayer or Holy Communion followed by tea and coffee.


**Brew Monday Coffee Morning, 26<sup>th</sup> January 9am- 11am at St. Luke's.**

January can be a difficult time for many and every year Samaritans run an initiative called 'Brew Monday'. A coffee morning designed to bring people together to talk, drink tea and eat a bit of cake (or something healthier).

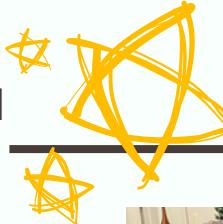
If you are able to come and support, either by chatting, making tea or bringing a cake anything will be appreciated. There are more details attached at the end of the Newsletter about the Samaritans.

If you have any charities close to your heart that you would like us to support, do get in touch.


**Christmas services**

A big thank you for all who took part in our Christmas Crafternoon, it was wonderful to welcome the community to craft the afternoon away.

Thank you to Birchwood sings for performing at our Carol Service, it was a joyus occasion!



### Pictures of the month

Happy New Year! It's been six months since I've joined you here at St. Luke's and it's been wonderful to get to know and minister alongside you.

I would love us to be asking ourselves *what is God calling us to this year? How is God calling us to love our neighbour, how do we do that?* Please do be praying and any inspiration, answers to prayers or thoughts! write them on a postcard (!) and lets see what God shows us. Here are some pictures from December, enjoy and see you soon. Blessings,

Revd Coral



### Prayer for January

God of quiet beginnings, In this turning of the year, stir hope among us. Bless those who have carried this church through many seasons, and open our eyes to the new friendships You are weaving. May our life together grow in warmth, trust, and shared joy. Through Jesus Christ our Lord.

**Amen.**



### Coming up



**Brew Monday for Samaritans, 26<sup>th</sup> January, St. Luke's, 9am- 11am.**



SAMARITANS



## Having a Brew Monday is simple

### Join us for Brew Monday

Brew Monday is a lovely way to check in with the people you care about – and share a biscuit or two. This year we're inviting everyone to have a Brew Monday and to catch up over a cuppa.

**Getting people to come**

Don't be shy. People like to be invited to something nice. Share a message via email, text, online chat or invite over the phone. Send a calendar invite and share the digital posters. Send a reminder email and host it in person or on an online channel you'd usually use for work meetings anyway.

**Raising money for Samaritans**

Let people know your Brew Monday is helping Samaritans. You might be surprised at how many people have some experience of mental health difficulties, directly or through a friend or family member.

**Giving made simple**

You can set up a JustGiving page so your fellow Brewers can donate easily online. Or they can simply text **BREW** to **70450** to make a £10 donation.

You will be charged £10, plus one message at your standard network rate. Samaritans will receive 100% of your donation.

### Ideas for raising money

- People can donate whatever feels right to them. They can bring their own cuppa and cake, but donate what it'd usually cost them.
- Let people know that £10 is all it takes to cover the costs of Samaritans answering a call for help.
- Add it to your Brew bash with our tea-themed quiz or get competitive with our tea bag toss game. There's lots of inspiration to get you started in our [downloadable resources](#).
- If you're all together get a group photo or a screen-grab from a video call to share on social media with #BrewMonday.

### Raise funds for Samaritans

- The quickest and easiest way is online at: [samaritans.org/brew-fundraising](http://samaritans.org/brew-fundraising)
- Send a cheque made payable to **Samaritans** to: **Samaritans, The Upper Mill, Kingston Road, Ewell, Surrey KT17 2AF**
- Remember to include a note with your details so we can say thank you.
- To make a donation over the phone, you can call our Supporter Care team on **03709 00 00 32**.



## There's always time for a cuppa and a catch-up

Hold a Brew Monday get-together anytime and enjoy a cuppa and a catch-up with friends, family or colleagues.

Right now is the perfect time to connect with those around you. It doesn't matter if it's Monday morning or Saturday night, or if you're drinking green tea, black coffee or orange juice.

By raising funds for Samaritans, you'll help make sure there's always someone there for anyone who's going through a tough time.

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# Thank you for wanting to help Samaritans

We're here for people in emotional crisis, and for people who are just finding life really tough and need to talk to someone who can help them work through it.

Behind us being able to answer each call for help, is a thoughtful person like you.



£10 could help us answer a call for help from someone struggling to cope.



£133 could help recruit and train a new listening volunteer.



**“Sometimes, having that first conversation is the most difficult.”**

“Back in 2020, I suffered a bit of a breakdown. Years of ignoring what was going on with myself – trying to be strong and the 'man of the house'. It all came to a head.

During that time, I'd reached out to Samaritans. Sometimes I was thinking I didn't want to burden my family. It was really hard. I've had a few calls with Samaritans. The people on the other end of the phone were absolutely brilliant, they didn't judge me and really listened to me. Just having the peace of mind that there's someone who was willing to listen was a big thing for me – having that person to talk to was something I needed.”

Nick

## Thank you!



**You're brilliant for having a Brew Monday.**

Need some help from the Brew Crew?

Email us at [community&events@samaritans.org](mailto:community&events@samaritans.org)



## SAMARITANS

If you or someone you know is struggling to cope, it's free to contact Samaritans.

Call free day or night on

**116 123**

Visit [samaritans.org](http://samaritans.org)

Email [jo@samaritans.org](mailto:jo@samaritans.org)