



Bible Readings

Matthew 22:1-14
Philippians 4:1-9

Response after Bible Readings

Leader: Hear the word of the Lord

Response: Thanks be to God



8am—Worship
Led by Pamela Leslie
and Jon Humphries

9.30am—Worship
Led by Daniel Gibb
and Jon Humphries
KUCA Preschool, Years K-2 & Years 3-8

**3pm—Rev Jon Humphries
Induction Service**
followed by refreshments

6.45pm—Worship
includes Community Meal

Welcome to St. Matthew's Community Room.
Children are very welcome at St. Matthew's and that means their noise is welcome too. This room is here if you feel the need to step out of the service or would like some more privacy but still want to see and hear what's going on in the service.
OPEN FROM 9.30AM

**Livestreaming at
8am & 9.30am only**

Thank you for worshipping with us today.

What's happening this week at St. Matthew's

MONDAY 16 OCTOBER

**9am—Sorting & Pricing
for Op Shop** lower hall

TUESDAY 17 OCTOBER

9am-2pm—Op Shop
9.30am—Christian Meditation
in the church

WEDNESDAY 18 OCTOBER

9am-2pm—Op Shop
10am-12pm—In Stitches
upstairs hall
10am-12pm—Men's Morning Tea
Mackel's Café Circa Shopping Centre
Norwest

THURSDAY 19 OCTOBER

9am-2pm—Op Shop

FRIDAY 20 OCTOBER

No Scheduled Events

SATURDAY 21 OCTOBER

No Scheduled Events

**SUNDAY
22 OCTOBER**

8am—Worship
9.30am—Worship
KUCA Preschool, Years K-2 & Years 3-8

5pm—Shine
6.45pm—Worship



MINISTER

REV JON HUMPHRIES

**CHILDREN, YOUTH AND YOUNG ADULTS
MINISTRY WORKER**

DANIEL GIBB *Part Time*
Email: daniel@stmatthewsuniting.net.au

SENIORS PASTORAL CARER

MICHAEL STRONG *Part Time*
Email: mike@stmatthewsuniting.net.au

CHURCH OFFICE SECRETARIES:

ROBYN MORRALL AND LYNN SAMUEL

CHURCH OFFICE HOURS 9AM-3PM MON-FRI

OFFICE : 9686 3003

LOCATION:

CNR CHARLES & EDGAR STREETS
BAULKHAM HILLS

POSTAL ADDRESS:

BAULKHAM HILLS UNITING CHURCH
PO BOX 773 BAULKHAM HILLS 1755

WEB SITE: www.stmatthewsuniting.net.au

Weekly newsletter available on website

EMAIL: office@stmatthewsuniting.net.au

FACEBOOK:

@stmatthewsunitingchurchbaulkhamhills

PRE-SCHOOL DIRECTOR 9639 8570

SONALI WANIGESEKERA
PO BOX 321 BAULKHAM HILLS 2153

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Thank you to all who have
contributed to this publication.

Something to think about

Pentecost 20 20th Sunday After Pentecost October 15th

Lectionary Readings:

Exodus 32:1-14 ,Psalm 106:1-6, 19-23

Philippians 4:1-9 ,Matthew 22:1-14

There is a lot happening in the world, just as there always is. Some of it is good, other stuff is disturbing. If we listen to, or watch, the news then we can be excused for being in a permanent and heightened state of fear and anxiety, after all, there is no news like bad news. This week saw the continuing escalation in the Israel/Palestine conflict, fires, floods, earthquakes and a range of other issues. Tuesday was also World Mental Health Day. So, it seems relevant to explore how we look after our wellbeing in the face of such stressors and given the reading from Philippians which contains the advice from the Apostle Paul t, "Do not be anxious about anything." (Philippians 4:6)

In terms of the statistics around mental health and anxiety in Australia, according to the Bureau of Statistics: 42.9% of people aged 16–85 years had experienced a mental disorder at some time in their life.

- 21.5% of people had a 12-month mental disorder, with Anxiety being the most common group (17.2% of people aged 16–85 years). 38.8% of people aged 16–24 years had a 12-month mental disorder.

Australian Bureau of Statistics, National Study of Mental Health and Wellbeing 2020-2022.

<https://www.abs.gov.au/statistics/health/mental-health/national-study-mental-health-and-wellbeing/latest-release#:~:text=In%202020%E2%80%932022%2C%20one%20in,a%2012%2Dmonth%20Affective%20disorder>

How do we deal with anxiety? What can we do to be less anxious and more peaceful? It is one thing to rely on God, but if we are honest, just relying on God in a broad, general and hopeful sense, does not often seem to work for many of us. So, what can we do, especially in the light of Paul's instruction to "rejoice in the Lord always," and "do not be anxious about anything?"

Philippians 4: 4-9

Rejoice in the Lord always; again I will say, Rejoice. ⁵Let your gentleness be known to everyone. The Lord is near. ⁶Do not worry about anything, but in everything by prayer and supplication with thanksgiving let your requests be made known to God. ⁷And the peace of God, which surpasses all understanding, will guard your hearts and your minds in Christ Jesus.

⁸ Finally, beloved, whatever is true, whatever is honorable, whatever is just, whatever is pure, whatever is pleasing, whatever is commendable, if there is any excellence and if there is anything worthy of praise, think about these things. ⁹ Keep on doing the things that you have learned and received and heard and seen in me, and the God of peace will be with you.

There are a couple of things of interest in this. Firstly, the bit that we would all like to cling to is that, 'The peace of God, which surpasses all understanding, will guard our hearts and minds in Christ Jesus.' Again, this is not something that miraculously, happens. Paul clearly links it with some work that we have to do. That work is about prayer and petition and not worrying. It is important to note that this is not about not feeling worried. We feel what we feel and we can't control what we feel, but what we feel can be helped and we can exercise ways of moderating or regulating our feelings. Feeling worried, or stressed, or anxious is a part of the human condition. However, we don't have to take on these feelings as our way of being or fill our hearts and minds with them so that they take over our thinking and lead to ramping up or spiraling.

Paul offers the great advice of what we should think about and do to help God, as Christ and as Spirit, guard our hearts and minds. First is thing to do when anxiety begins to take over is to rejoice. That may seem strange, for how do we rejoice when things are worrying or hard? The key is re-joy-sing. We can go back and visit past joys to leverage them in moderating our feeling. We can look for joys in the present that might recharge/re-joy our joy. There is also the idea of singing a joyful song.

The second thing we can do to not take on anxiety as the focus of our thinking and feeling is to pray. It is important that Paul separates prayer and petition. Maybe this is about prayer as listening and being attuned to God, and then ask God for what is on our hearts. It is also important that we wrap this up in thanksgiving. There is a lot of good research in the power of gratitude to improve our mood and wellbeing. Paul, is way ahead of our times with this ancient wisdom.

Thirdly, what we can do is think on things that are helpful, He gives us a great list, and we are encouraged to read it again and again until we learn it. Neuroscience research has demonstrated that the human brain can only effectively focus on one thing at a time. So, filling our thinking with good things, not only distracts us from worrying, but also works to mitigate those worries.

Finally, God is with us. Having faith in God, who will even walk with us through the Valley of the Shadow of Death, calms us down and leads to peace. Paul knows that life can be hard. He is not promising that everything will be miraculously alright. However, as Jesus once said, "Peace I leave with you; my peace I give to you. I do not give to you as the world gives. Do not let your hearts be troubled, and do not let them be afraid." (John 14: 27)

Modern psychology has taken this wisdom and researched its effectiveness and packaged it in a helpful way. This is called Positive Psychology. Check it out.

What is Positive Psychology?

<https://www.youtube.com/watch?v=1qJvS8v0TTI>

Anyway, there is lots to think about. God bless.

Jon Humphries



PEOPLE NEWS

Geoff Benoit
Sandra Gordon
Phil Bunn

Jiwon MacWilliam
Michael Strong

Our very best wishes to all the St. Matthew's community who are celebrating their birthdays this week.

Ecumenical Prayer Cycle 15—21 October

Belize, Guatemala, Honduras, Mexico

Rev Jon Humphries Induction Service

3pm Sunday 15 October

St. Matthew's Uniting Church

Light refreshments will be served by the Women's fellowship after the service.

If you will be attending and would like to bring a plate of food it would be greatly appreciated.

Please join Jon as he begins his ministry with us.



Defibrillator Training

Monday 30 October @ 7pm

in the upstairs hall at St. Matthew's

Please RSVP your attendance to the church office by Thursday 26 October

Open to everyone, even to those who wish to review their skills.

NO COST

Contact Jeff Cuff: 0466825190



Welcoming everyone at St. Matthew's



Welcome one another, therefore, just as Christ has welcomed you, for the glory of God. (Romans 15:7)

When we first arrived in Sydney, we remember clearly our first morning at a new church. We were greeted very warmly (but not effusively). Kate wasn't an 'official' Welcomer, but she continued to watch out for us each time we returned, introducing us to others (many of whom became life-long friends). It was Kate's initial approach and consistent follow-up that have remained strong in my memory for the last forty years!

Sandra Drayton



OCTOBER SUNDAY WORSHIP SERVICES

at the church

1 October - 8am, 9.30am & 6.45pm
includes Communion

8 October - 8am, 9.30am & 6.45pm

15 October - 8am, 9.30am & 6.45pm

22 October - 8am, 9.30am & 6.45pm

29 October - 8am, 9.30am & 6.45pm

Live streaming morning services only

The St. Matthew's Uniting Church weekly Newsletter is available to view at the end of each week for the upcoming Sunday on the St. Matthew's website www.stmatthewsuniting.net.au

Click on the metal dove image / publications.

ST MATTHEW'S UNITING CHURCH,
BAULKHAM HILLS

TRIVIA NIGHT

Tables of 8
\$15 per person

SATURDAY | 28 OCTOBER, 2023

7:30 PM

More Info
daniel@stmatthewsuniting.net.au

Recycling Appeal

Thank you to everyone who has participated in the Recycling initiative. The funds raised so far will be passed on to various organisations.

Collecting for the
2023
Appeal will finish at
the end of October.



We appreciate all the donations so far and hope to continue this initiative sometime next year.

Thank you

Marijke Prinsloo



THE OPERATION CHRISTMAS CHILD PROJECT

Preschool is inviting members of the congregation to support Operation Christmas

Child (OCC), a global project to fill up shoeboxes with gifts that will be distributed to disadvantaged children at Christmas time. For children living in poverty, the shoebox is usually the first gift they have ever received.

You can pick up an empty shoebox along with a brochure, which provides more information on the gifts to pack, from the **Preschool Office** **between 9am - 3pm Monday - Friday.**

The shoeboxes are available now for collection.

Please note that we will need all the boxes returned to the Preschool Office by latest Friday 21st October.

A Donation of \$12.50 per box is essential to cover shipping costs. Payment details are on the brochure. Thank you for your helping us support the wider community!

Please note that the Preschool will be closed for holidays from Monday 25th September till Friday 6th October.

Warmest Regards
St Matthews Preschool

JAZZ ON HAMMERS

Come and join us each month for an evening of live music, dinner and fellowship.

When: Oct 15 from 6- 8pm

Where: Northmead Uniting Church, 3-7 Hammers Rd Northmead

Cost: Donations welcome for pot luck dinner

Who: All ages are WELCOME!

For more information contact Noni Medcalf: nones81@gmail.com