



**Bible Readings**

**8am & 9.30am**



**Ephesians 6: 10-20**

*Response after Bible Readings*

**Leader:** *In this we hear the word of God*

**Response:** *Thanks be to God*

*14th Sunday*



*After Pentecost*

**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 9AM**

**Livestreaming at  
 8am and 9.30am only**

**8am—Worship**

Led by Pamela Leslie  
 and Jon Humphries  
*Followed by morning tea*

**9.30—Worship**

Led by Jon Humphries

**KUCA** Preschool, Years K-2 & Years 3-8  
*Followed by morning tea*

**5pm—Shine**

**6.45pm—Worship**

Led by Jon Humphries  
 and Alex Lawless

Thank you for worshipping with us today.

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

**MONDAY 26 August**

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

**7.30pm—Christian Meditation**  
 community room and church

**TUESDAY 27 August**

**9am-2pm—Op Shop**  
**9.30am-11am—Christian Meditation**  
 community room and church  
**11am-3pm—Community Room  
 in use**

**WEDNESDAY 28 August**

**9am-2pm—Op Shop**  
**7.30pm—Church Council Meeting**  
 upstairs hall

**THURSDAY 29 August**

**9am-2pm—Op Shop**

**FRIDAY 30 August**

**5pm-7pm—Fusion Youth Group**  
**Video Games Night** upstairs hall

**SATURDAY 31 August**

**No Scheduled Activities**

**SUNDAY  
 1 SEPTEMBER**

**8am—Worship**  
*includes communion*

**9.30am—Worship**  
*includes communion*

**KUCA** Preschool, Years K-2 & Years 3-8  
*Followed by morning tea*

**6.45pm—Worship**  
*includes communion*



**MINISTER**

REV JON HUMPHRIES  
 Email: jon@stmatthewsuniting.net.au

**CHURCH OFFICE SECRETARIES:**

ROBYN MORRALL AND LYNN SAMUEL  
**CHURCH OFFICE HOURS** 9AM-3PM MON-FRI  
**OFFICE :** 9686 3003  
 Email: office@stmatthewsuniting.net.au

**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**

**FACEBOOK:**

@stmatthewsunitingchurchbaulkhamhills

**PRESCHOOL DIRECTOR**

9639 8570  
 SONALI WANIGESEKERA  
 PO BOX 321 BAULKHAM HILLS 2153  
**EMAIL:** director@stmatthewsps.net.au

Thank you to all who have  
 contributed to this publication.

# Something to think about

## 25th August

### 14th Sunday after Pentecost

#### Lectionary Readings:

1 Kings 8: (1,6,10-11) 22-30, & 41-43

Psalms 34: 15-22

Ephesians 6: 10-20

John 6: 56-69

#### Reading for Our Service:

Ephesians 6: 10-20

### The Power of Affirmation

This week in our services we will be exploring the 'Armour of God' which Paul speaks about in his letter to the Church in Ephesus. I could talk a lot about how in the Church we have overemphasised spiritual warfare. This is not to say that I don't believe in the Satan or the devil, and it is not to say that we don't face challenges from spiritual forces. However, I think we do God and ourselves a disservice when we put too much influence on spirits in our lives and fail to take more responsibility for our own spiritual wellbeing, discipleship and the choices that we make. I think the greatest battle for many of us is with ourselves and a battle of our will. Here we definitely need the armour of God.

One of the largest battles that many in our society increasingly face is with worry and anxiety. It is probably getting close to that of making poor choices. Worry and its manifestation as anxiety can be debilitating. Worry as an emotion is something that we feel and is also part of our natural, and often helpful negative thought processes.



Worry as a habit of mind or as a mindset is often unhelpful. Worry is something that we can have some control over. We may not be able to stop feelings or thoughts coming, but we can choose how we react and think about the worries which bubble up for us, and we can choose what we choose to think about and how we think about them. Of course, saying to someone, "don't worry," or "stop worrying," is usually completely unhelpful even if it is well-intended or well meant. What is helpful is strategies for dealing with worry or ways of coping which divert us from worrying.

Continued next page



### The power of affirmation—Continued

Taking action against our worrying is a way to deal with them. There is a lovely picture book called, 'Silly Billy.' Billy is not actually silly, but rather quite intuitive and clever, as is his grandmother, and we have something to learn from the way he deals with his worrying. Check out his story on YouTube <https://tinyurl.com/559kt7fs> or your local library. One strategy in the story is affirmation. Billy receives affirmation that he is not silly and that there is something that he can do. Billy's grandmother also gives him a practical strategy. This is like the sandals of peace of the Gospel. Billy got good news that he wasn't a problem or there wasn't a problem with him, as well as the good news that he had power and a strategy to deal with his problems. We would add God into the mix in the person of Jesus or Spirit, but the same principle is at work.

The psalm for this week has these helpful lines which say, "Happy are those whose strength is in you," and "Happy are those who live in your house." No one who knows me will be too surprised to hear that I don't think that this is about physical strength or coming to Church or 'worshipping' God in a Church space. For me I strongly believe that our strength is our faith/trust in God - and not just a feeling of faith or strength, but a strength of will which moves us to step out with God. Risk is a great source of worry for many and can play a large part in anxiety. Yet, faith helps us take risks (at least those God calls us to) and in doing so we experience God's faithfulness, which actually builds our own faith and decreases our propensity to worry. This faith shields us to a degree from worrying.: A shield of faith.

Happy are those who live in the house of God the Bible tells us. For me, this is not about squirrelling ourselves away from the world in religious spaces, nor is it about filling our lives up with religion (at least religion that is not about loving others as we have been loved by God in real and practical ways).

Passages such as 2 Corinthians 6:16 and Revelation 21:3 affirm the reality of Immanuel – God with us. God's dwelling place is with us. That is the promise of God as the Holy Spirit whose indwelling within us is a source of comfort, support and guidance. This is a truth which girds us. However, the power of the realisation of God being at work in us, is not that God will do all the work for us but will help us in our work. Part of that work is being mindful that God is with us and mindful of what calls us to. This is part of the work of salvation. We are saved of course from our sin by the redemption of God, but in thinking about God and what God call us to and the opportunities which God might be presenting us with to love our neighbour or be loved by them saves us from thinking and ruminating about our worries. Having a God-mindset is like a helmet of salvation.


Paul ends his piece on the armour of God with the exhortation to, "Pray in the Spirit at all times in every prayer and supplication." Remembering prayer is not just talking to God, but also listening to God. It is not just asking for stuff, but it is receiving God's presence within us – after all Paul mentions praying in the Spirit and supplication as two separate things. So, contemplation through such things as Christian meditation and other practices are really important and are part of the way God equips us for the battles in our lives, such as with worry and making good choices.

There are the other pieces of armour of God which I haven't talked about such as the breastplate of righteousness and the sword of the Spirit which is the Word of God. In battling what your battle with in your life, how might these come into play? That is something to think about.

*God bless*

*Jon*

**PEOPLE NEWS**



**HAPPY BIRTHDAY**

Colin Stoner  
 Robyn Burn  
 Will Samuel  
 Elaine King  
 Adele Arthur

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

**SEPTEMBER 2024**  
**SUNDAY WORSHIP SERVICES**  
 at the church

**1st September - 8am, 9.30am, 6.45pm**  
 includes Communion

**8th September - 8am, 9.30am, 6.45pm**  
 Community Meal

**15th September - 8am, 9.30am, 6.45pm**

**22nd September - 8am, 9.30am, 6.45pm**

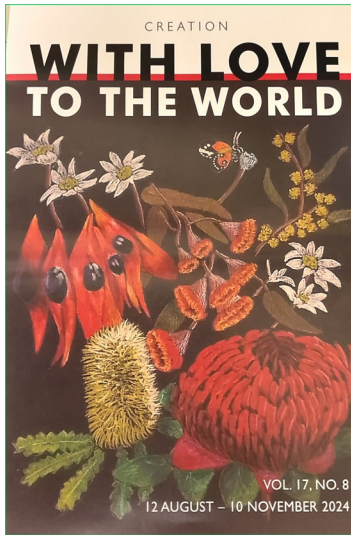
**29th September - 8am, 9.30am, 6.45pm**

Live streaming at morning services

**Ecumenical Prayer Cycle**



**25—31 August**  
 Cape Verde, Gambia, Guinea,  
 Guinea-Bissau, Senegal



**CREATION WITH LOVE TO THE WORLD**  
 a daily Bible reading guide based on the Revised Common Lectionary

**Volume 17, Number 8**  
 12 August 2024 to 10 November

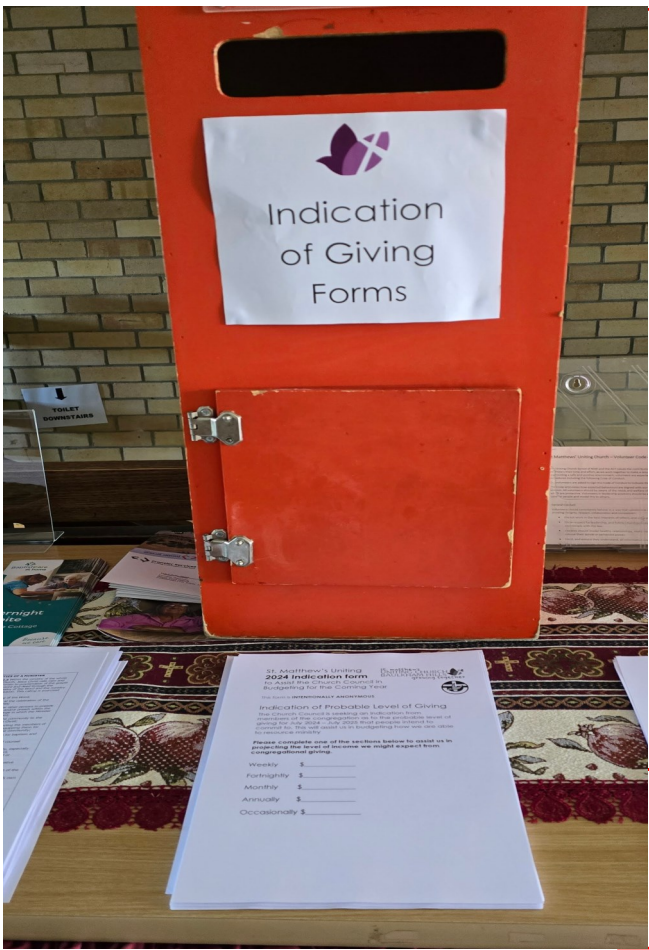
is available in the church foyer.

Please place **\$7 in offering bag** to help cover costs.



*Weekly*

**SYNOD SPOTLIGHT**  
 Uniting Church Synod of NSW and the ACT

Uniting Church Synod Spotlight Newsletter for last week (16 August 2024) please see [New Insights \(uca.org.au\)](http://uca.org.au)



St. Matthew's Uniting Church **2024 Indication form** to Assist the Church Council in Budgeting for the Coming Year

**This form is INTENTIONALLY ANONYMOUS**

**Indication of Probable Level of Giving**

The Church Council is seeking an indication from members of the congregation as to the probable level of giving for July 2024 – July 2025 that people intend to commit to. This will assist us in budgeting how we are able to resource ministry

**Please complete one of the sections below to assist us in projecting the level of income we might expect from congregational giving.**

Weekly \$ \_\_\_\_\_  
 Fortnightly \$ \_\_\_\_\_  
 Monthly \$ \_\_\_\_\_  
 Annually \$ \_\_\_\_\_  
 Occasionally \$ \_\_\_\_\_

**Please fill in the Indication of probable level of giving form located in the Church foyer**



# St Matthew's HAPPY HOUR!

At The Winston

170 Caroline Chisholm Drive, Winston Hills

**13**  
SEPTEMBER

**5 PM**  
FRIDAY



COME AND SHARE IN SOME HAPPY CONVERSATION, A DRINK AND SOME FOOD WITH FRIENDS FROM ST MATTHEW'S.

RSVP to Belinda on [belinda.schuster0709@gmail.com](mailto:belinda.schuster0709@gmail.com)



Fill a  
Bag  
for

**\$10**  
Winter Clothing Only

Bag will be provided by  
St. Matthews Op Shop

SALE STARTS

Tues 20th August	9am-2pm
Wed 21st	9am-2pm
Thur 22nd	9am-2pm
Tues 27th	9am-2pm
Wed 28th	9am-2pm
Thur 29th	9am-2pm



Cnr Charles & Edgar Streets  
Baulkham Hills 2153

## NORTHWEST SYDNEY CHRISTIAN BUSINESS LEADERS PRAYER BREAKFAST

Thursday 5 September  
6.30am - 8.15am  
BOOK NOW



Prayer

Prayer together for our region and businesses



Guest Speaker

MC - Kerrie Sheaves  
Guest Speaker:  
Dwayne Jefferies  
(Hope 103.2 Media)



Networking

Connect with fellow Christian business leaders

## The Galston Concerts Sunday 25 August 2024

a pre-concert chat c. 1.40, the concert (& players' relaxed comments) 2 till 3.15ish, then 'meet the musos' afternoon tea, in Galston Uniting Church, 11 School Road, Galston

### *Around the World ... Piano!*

An all-new program of favourites: from Debussy & Puccini, songs of Naples and the cafes of Paris, sounds of the Orient with *Lotus Land*, *Love is a many Splendored Thing* & more.



Australian international virtuoso pianist Glenn Amer ('piano wizardry' say his reviews), with gentle humour shares his musical travels & triumphs in over 70 countries



Bookings advised on [trybooking.com](http://trybooking.com)  
(search Galston 25 August)

Cash-only sales at the door on the day.

Enquiries phone 9653 2039

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](http://www.stmatthewsuniting.net.au)  
Click on the metal dove image / publications or find in recent posts.