



**Bible Readings**

**8am & 9.30am**

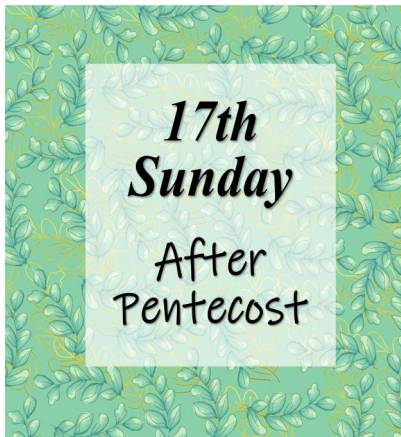
**James 3:1-12**

**Mark 8:27-38**

*Response after Bible Readings*

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

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



**17th  
 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

**9.30—Worship**  
 Led by Hugh Darling  
 and Jon Humphries  
**KUCA** Preschool, Years K-2 & Years 3-8  
 Followed by morning tea

**6.45pm—Worship**  
 Led by Alex Lawless  
 and Jon Humphries

Thank you for worshipping with us today.

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

**MONDAY 16 September**

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

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

**TUESDAY 17 September**

**9am-2pm—Op Shop**

**9.30am-11am—Christian Meditation**  
 community room and church

**7.30pm—Thrive Bible Study**  
 lower hall

**WEDNESDAY 18 September**

**9am-2pm—Op Shop**

**10am-12pm—In Stitches**  
 upstairs hall & church

**10am-12pm—Men's Morning Tea**  
 Mckel's Café, Shop 14, Circa  
 Boulevard Bella Vista

**7.30pm—Elders Meeting**  
 in the church

**THURSDAY 19 September**

**9am-2pm—Op Shop**

**FRIDAY 20 September**  
 No Scheduled Activities

**SATURDAY 21 September**

No Scheduled Activities

**SUNDAY  
 22 SEPTEMBER**

**8am—Worship**

**9.30am—Worship**

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

**5pm—Shine**

**6.45pm—Worship**



**18th  
 Sunday  
 After  
 Pentecost**

**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**

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Thank you to all who have  
 contributed to this publication.

**Something to  
think about**  
**15th September**  
**17th Sunday**  
**after Pentecost**

**Lectionary Readings:**

**Proverbs 1:20-33**

**Psalm 19**

**James 3:1-12**

**Mark 8:27-38**

**Are You OK?**

One of my passions is wellbeing. Wellbeing is literally about being well. There are many domains or dimensions to our wellbeing including physical, emotional, relational, mental/psychological and even spiritual. Thursday the 18<sup>th</sup> of September is 'RUOK Day.' It, like many special days, is there to remind us about something important. Mother's Day reminds us to celebrate and be grateful for mothers, mothering and motherhood. Father's Day reminds us to celebrate and be grateful for fathers, fathering and fatherhood. 'RUOK Day aims to promote wellbeing conversations. Just as we should always be, not just on one day, appreciative of and grateful for good mothering and fathering or those who have mothered and/or fathered us, we should also always be looking to care for each other and our wellbeing. This year's theme for RUOK Day is "Ask 'R U OK?' Any Day.

Many in our congregation are familiar with my colourful shirts that have "This is a conversation starter" on the back. The aim of these shirts is similar to RUOK Day, in encouraging conversations where we really check-in with each other. If you want to learn more about the conversation starter shirts that I wear you can use this URL: <https://trademutt.com/> We need tools like these shirts and RUOK Day to help remind us that deeper conversations are sometimes needed, because the standard response to "How are you going?" or "How are you today?" is usually "Good" or "OK."



However, good or OK may not be the truth. We often say it and don't mean it.

Many of us mask it when we are not OK? When we are not OK or are not well in some way, we may be embarrassed to admit it, some may feel shame that they are not coping as well as they would like, or we may not want to trouble the other person with the truth and then have to deal with a possibly awkward response from them.

RUOK Day and Trade Mutt's conversation starter shirts are tools to help us overcome our fear or embarrassment, shame or awkwardness. If we really care about each other and value true and strong relationships, then we should be able to ask for help and offer help. The first step thought is the question, "Are you OK?" It may be the follow-up question to "How are you doing?" We can ask this question of ourselves just as much as we can ask it of others.

As I have said the first response may not be the true response. If you think that you are kidding yourself or someone is giving off vibes or indication which make you think that they may not be as OK as they are saying, then it is good to ask, "Are you really OK?" Of course, if we ask this question and mean it, then we should know what to do if the answer is that the person is not OK. This isn't something to stress or worry about. It isn't rocket science and we don't need complex or complicated training in order to be able to help someone. Basically, we simply need to let them know that we care. We need to listen to them without judging or reacting with shock. We then can offer to help them find help.

Continued next page



## Are You OK?—Continued

The Fruit of the Spirit are love, joy, peace, patience, kindness, goodness, gentleness, faithfulness and self-control. This is the work of God in us. When we seek to help and care for someone, we should remember that God is working in us as Spirit. We love the person, taking joy in their being about to share something so important with us. Then we listen with patience. Speak with kindness. Affirm that there is goodness to be found, even if they are not able to feel or see it, because we can get help for them. We need to be gentle in our reaction to them and what they share with us, not getting stressed ourselves or reacting in a way which makes them feel worse. We then seek to be faithful as a caring person by helping them find the care that they might need, or at least helping them access the first step, which is often a local GP [General Practitioner medical doctor].

Please watch the video for this year's RUOK Day using this link <https://vimeo.com/976180726> and check out the great wisdom on the RUOK Day website <https://www.ruok.org.au/> There is lots of excellent information and really helpful resources. As they say on the website, "You don't have to be an expert" just someone willing to care, and the first step is to check how people are going.

As the RU OK website resources us, use these four steps and have a conversation that could change a life:

- Ask R U OK?
- Listen – actively and calmly, without judgement or surprise or shock
- Encourage action – such call Lifeline 13 11 14 or see a GP

- Check in with them after the conversation (and again etc) to see how they are going. Which takes us back to the first action – ask RUOK?

As the Church, we are the body of Christ. We are called to love our neighbour as we love ourselves. We are here to be the face of God to others and an incarnation of God's love to all. In this we need to remember to care for ourselves or ask for help. Sometimes we may be like the man from Samaria on the road to Jericho needing a loving neighbour. Sometimes we may need to be the loving neighbour to someone else. Sometimes, we may be someone broken seeking to care for someone else who is broken. Then we just do our best to care for each other. Yet, isn't that what it is to be the Church? Are you OK is definitely something to think about for ourselves and definitely something to ask others about.

God bless

Jon

**Ask RUOK? ANY DAY**

Have a conversation using these 4 steps

- 1 Ask R U OK?**  
Illustration: Two white figures, one with a question mark above its head.  
Speech bubbles: "How are you travelling?", "You don't seem yourself lately - want to talk about it?"
- 2 Listen**  
Illustration: Two white figures, one with a hand to its ear.  
Speech bubbles: "I'm here to listen if you want to talk more.", "Have you been feeling this way for a while?"
- 3 Encourage action**  
Illustration: Two white figures, one pointing towards a dog on a leash.  
Speech bubbles: "What do you think is a first step that might help you?", "Have you spoken to your doctor about this?"
- 4 Check in**  
Illustration: Two white figures sitting at a table with a bowl of food.  
Speech bubbles: "Just wanted to check in and see how you're doing?", "Have things improved for you since our last chat?"

Learn more at [ruok.org.au](https://www.ruok.org.au)



PEOPLE NEWS



Janet Goodman  
Jeanette Coleman

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

### Ecumenical Prayer Cycle

15-21 September  
Argentina, Paraguay, Uruguay

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

st. matthew's  
UNITING CHURCH  
BAULKHAM HILLS  
growing together



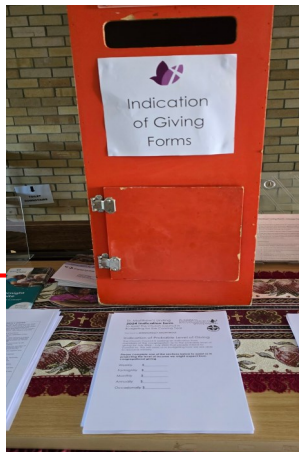
This form is **INTENTIONALLY ANONYMOUS**

#### 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

## Weekly SYNOD SPOTLIGHT

Uniting Church Synod of NSW and the ACT

Uniting Church Synod Spotlight Newsletter for last week (6 September 2024) please see

[New Insights \(uca.org.au\)](http://uca.org.au)

### 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

### OCTOBER 2024 SUNDAY WORSHIP SERVICES

at the church

6th October - 8am, 9.30am, 6.45pm  
includes communion

13th October - 8am, 9.30am, 6.45pm  
Community Meal

20th October - 8am, 9.30am, 6.45pm

27th October - 8am, 9.30am, 6.45pm

Live streaming at morning services

**insights**  
SPRING 2024

30th Anniversary  
Covenanting  
Statement

leaving  
the white  
Jesus  
behind

Threads  
of Love

17th TRIENNIAL  
ASSEMBLY WRAP-UP

**PICK UP a COPY  
from the  
CHURCH FOYER**

Uniting Church  
SYDNEY, NSW & ACT





**Thursday 3 October**  
**10am-12pm**

# Bass & Flinders

Guest Speaker: **Ron Ray OAM**

Ron Ray OAM has been a volunteer guide and member of the Australian National Maritime Museum for 15 years. Ron will talk about the backgrounds of these two famous Australian maritime explorers, their fates and their voyages of exploration around coasts of NSW, Tasmania and Terra Australis.



*These informal morning gatherings include devotions, morning tea and guest speakers which cover a large range of interesting and informative topics.*  
 \*\*\*\*\* ALL WELCOME \*\*\*\*\*

## THE OPERATION CHRISTMAS CHILD PROJECT

St Matthews Preschool is inviting our church 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. After collecting 10.5 million shoeboxes globally in 2021, Operation Christmas Child hopes to collect more shoeboxes each year to follow.

St Matthews Preschool aims to collect 100 shoeboxes this year.

**Please pick up an empty shoebox along with a brochure which provides more information, from the table in the church foyer. Please write your name, contact number and number of boxes taken on the form provided.**

The shoeboxes will be available to collect from **Sunday 15th September.**



Please note that we will need all the **boxes returned by latest Sunday 13th October.** Please return boxes to area marked **SHOEBOXES RETURNED HERE** in the church foyer.

**A Donation of \$12.50 per box is essential to cover shipping costs. You can pay the \$12.50 through the website or by filling out the form on the brochure and enclosing the money it in your shoebox.**

Here is a video link for more information about Operation Christmas Child.

<https://vimeo.com/user148429611/review/742905291/9ab41f44a5>

Thank you for your generosity, care, and participation!

Warmest Regards  
 St Matthews Preschool



## SEASON OF CREATION

The Season of Creation is an ecumenical initiative.

It is a time to renew our relationship with our Creator and all creation through celebration, conversion, and commitment together.

The Queensland Churches Together have produced an excellent, free daily devotional resource for the Season of Creation.

Here is a link to learn more about The Season of Creation if you are unfamiliar with it <https://seasonofcreation.org/>

Here is the link to devotional resource –

[<https://www.cmla.org.au/blog/season-of-creation-daily-devotion/>](<https://www.cmla.org.au/blog/season-of-creation-daily-devotion/>)

[The PDF link on the QCT page is currently wrong, so click on the link above and you'll get one that works.]

## Organ Concert

Sunday 22nd September @ 2pm



Galston Uniting Church - 11 School Road, Galston



HEATHER MOEN-BOYD

A graduate in organ performance from Sydney Conservatorium, Heather has been organist and choir director at Scots Kirk Presbyterian Church in Mosman since 2006, and is coordinator for the annual inter-church Mosman Hymnfest. She was guest organist at the 2023 New England Bach Festival in Armidale. In addition to giving solo recitals in Sydney and beyond, Heather has accompanied many church and community choirs in major oratorio presentations, including the annual performances of Handel's *Messiah* at Epping Baptist on Good Friday, and Hornsby Catholic Cathedral in December. Recently she played for the Penrith City Choir in a performance of Rossini's *Stabat Mater*, and in November she will give a lunchtime recital at St Stephen's Uniting Church, Macquarie St.

In 2021 she was appointed organist to Macquarie University to accompany graduation ceremonies.

Adults/Concession \$25.00 Tertiary Students \$10.00 Children Free Cash only at door

**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.**