



st. matthew's
UNITING CHURCH
BAULKHAM HILLS
growing together

Weekly Newsletter

6 July 2025

Pentecost 4

Bible Readings

Galatian 6: 7-16

Luke 10: 1-11, 16-20

Response after Bible Readings

Leader: In this we hear the word of God

Response: Thanks be to God who speaks to us as spirit.



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
Includes Communion
Led by Mike Strong
and Dean Drayton

9.30am—Worship
Includes Communion
Led by Clive Pearson
and Sara Wienand
Followed by morning tea

KUCA in Recess

6.45pm—Worship
Led by Alexander Lawless
and Nicola Lawless

Thank you for worshipping with us today.

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

MONDAY 7 JULY

9am-10.30am—Coffee & Play
NEW group for Grown ups and their little ones
upstairs hall

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

7.30pm—Christian Meditation

TUESDAY 8 JULY

9am-2pm—Op Shop open
9.30am-11am—Christian Meditation

community room and church
7.30pm—Cricket Presentation
night upstairs hall

WEDNESDAY 9 JULY

9am-2pm—Op Shop open
10am—Women's Fellowship
upstairs hall

THURSDAY 10 JULY

9am-2pm—Op Shop open

FRIDAY 11 JULY

No Scheduled Activities

SATURDAY 12 JULY

No Scheduled Activities

SUNDAY 13 JULY

8am—Worship

9am—Worship @ the Willow's

9.30am—Worship
Followed by morning tea

KUCA in Recess for school holidays

6.45pm—Worship
Community Meal



MINISTER

REV JON HUMPHRIES

Email: jon@stmatthewsuniting.net.au
jhumphries@nswact.uca.org.au

PASTORAL CARE WORKER

SARA WIENAND
SUNDAY am, MONDAY, TUESDAY
Email: saraw@nswact.uca.org.au

CHURCH OFFICE SECRETARY

LYNN SAMUEL

CHURCH OFFICE HOURS 8AM-2.30PM
TUESDAY, WEDNESDAY, THURSDAY

OFFICE : 9686 3003
Email: office@stmatthewsuniting.net.au

CHURCH COUNCIL CHAIRPERSON

MIKE UNDERWOOD
Email: mikeu@nswact.uca.org.au

CHAIRPERSON OF ELDERS

HELEN OLLEY
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BAULKHAM HILLS

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Weekly newsletter available on website

FACEBOOK:

[@stmatthewsunitingchurchbaulkhamhills](https://www.facebook.com/stmatthewsunitingchurchbaulkhamhills)

PRE-SCHOOL DIRECTOR 9639 8570

SONALI WANIGESEKERA
PO Box 321 BAULKHAM HILLS 2153

EMAIL: director@stmatthewsps.net.au

Something to think about

6 July

Pentecost 4

Revised Common Lectionary Readings:

2 Kings 5:1-14 and Psalm 30

Galatians 6:(1-6), 7-16

Luke 10:1-11, 16-20

Talking to a Stranger – and Caring for Them

I was able to go to a talk by Barbara Fredrickson last week. She is a world leader in wellbeing and is someone whose work I use weekly, if not daily. Among the most highly cited scholars in psychology, Barbara Fredrickson is most known for her “broaden-and-build theory of positive emotions.” In 2014, she was identified as the 13th most influential psychologist alive contributing to counselling psychology. contribute to human resilience, well-being, and health. Her recent research centres on “positivity resonance,” a concept that reflects co-experiences of warm-hearted positive emotions across individuals. Through this and other means, her work influences scholars and practitioners worldwide, within education, business, healthcare, the military, and beyond, including me.

Barbara Fredrickson has done extensive research into positive emotions. She names the ten big positive emotions as:

Joy,
Gratitude,
Serenity,
Interest,
Hope,
Pride,
Amusement,
Inspiration,
Awe,
and Love.

Anyone familiar with the New Testament and the teachings and example of Jesus and the writings of Paul should see resonance between the ten big positive emotions and faith and discipleship. However, she names one which stands out above all the rest and that is love.

As part of her work, she developed her Broaden and Build theory. This is the concept that fostering and experiencing positive emotions BROADEN awareness of the bigger picture the interrelatedness of things by changing the ways we take in information, and they open us to learning. They also BUILD resources for our wellbeing. They serve as nourishment for growth, more resiliency, and more social connectedness.

There was something in her presentation at Ravenswood last week about positivity resonance that has profound implications for our life and witness as we join in the mission of God.

(Continued next page)

Her research and how it has found strong evidence for how our micro interactions with strangers, where we share positive emotions, especially through acts of friendliness, care, kindness and altruism, result in people having higher levels of communal trust and a better view of humanity. When we engage with strangers in kind and caring way, we become representative that humanity can be good. To me this is about being part of the reality that the Kingdom of God is at hand and present as a reality amongst us.

She saw the powerful effect of our positive interactions with others as a powerful reminder for us to engage in positive interactions with strangers and those with whom we have weak ties (aka those outside of our close circle of connections - which would include many people in our congregation). Her research has shown that doing this results in people going out and about more, as well as an increased motivation to engage with others, a valuing of unfamiliar smiling faces, and an increase in the likelihood of them engaging in higher quality connections themselves.

Barbara Fredrickson offered a great practical suggestion in the form of a simple strategy to help us better engage with others. She suggested that before we go out, knowing that we will have likely interactions with strangers and those we have weak ties with, that we plan for how we engage in those interactions. The strategy she offered was to plan for using micro-interventions with strangers and with those whom we have weak ties using the "IF THIS... THEN THAT..." mental tool to set plans to prioritise connections. We could call these

micro-missional plans.

Such plans might include:

If standing in line at the shops, then...

If someone asks how I am then...

If I'm walking past people then...

These set up an intention in us which will lead to us more likely doing what we plan. It makes us more mindful of our engagement with others.


Last Sunday the Epistle reading set in the Revised Common Lectionary includes Galatians 5:22-23 which listed the Fruit of the Spirit. "The fruit of the Spirit is love, joy, peace, forbearance, kindness, goodness, faithfulness, gentleness and self-control." If we compare these to the ten big positive emotions that there is some obvious overlap. The strategy of 'IF THIS... THEN....' could equally apply then to how we plan micro-interventions centred around living out an embodiment of the fruit as a way of creating positive interactions with others.

One thing as people of God and followers of Jesus, who was God with us, is that we should be looking for ways which help us live out our faith and discipleship and which aid us in joining in God's work to bring the Kingdom of Heaven further into being. I believe that the work of Barbara Fredrickson gives us a lot of something to think about in this regard.

God bless
Jon

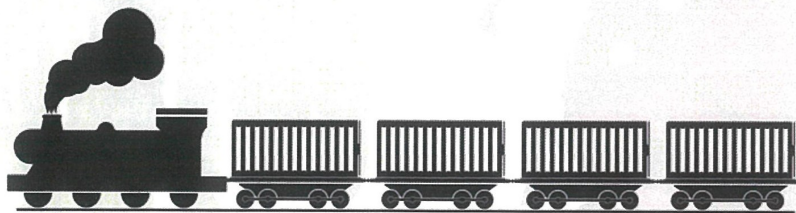
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Coffee and Play



Kids! Bring your adults for a
morning of conversation and
play time!

Cnr of Edgar & Charles Sts
Mondays 9-10:30am





St Matthew's 50th Anniversary Celebrations Special Planning Meeting

There will be a special one-off planning meeting to talk about the various activities and tasks needed to prepare for the Anniversary Celebrations during November.

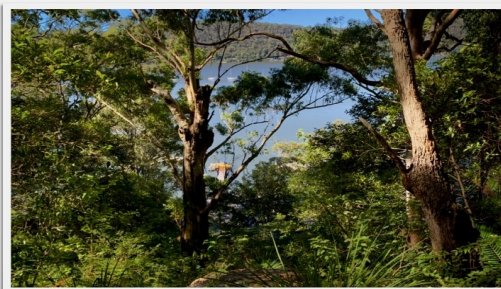
**Time : Sunday 20 July 2025 at 11:00 am
in the Community Room**

We encourage as many people as possible to attend this special meeting.

Come along to share your ideas and if possible, offer a little of your time to help with the various tasks.

We look forward to seeing you

Greg Gibb



Meditation Retreat Dangar Island 19 July

It's 4 years since our last retreat and Paul and Judi Taylor have graciously offered to host and lead our groups at their home on this picturesque and peaceful island as the photo shows.

PROGRAMME for Saturday, 19th of July.

11am Morning tea provided in their home- please bring something to eat to share.

11.30 reflection and meditation

12.30- 1.30 Lunch, please bring something to share with everyone.

1.30-3.00pm Reflection/~~lectio divina~~ and meditation

3.00pm finish.

DONATION \$20 goes to Friends WCCM.

GETTING THERE

Drive to Brooklyn ferry takes 40 mins via North ~~Connex~~ and 50 mins Pennants Hills road. Car pool or take train to ferry stop.

Brooklyn Ferry Service offer two beautifully restored historic vessels that go between Brooklyn and Dangar Island.

All tickets purchased on board the ferry and they ONLY TAKE CASH. NO CARDS

CARDS.....

TIMETABLE on SATURDAYS

.....
Departs Brooklyn...9.15am.....Dangar 9.45am

10.00am.....Dangar 10.30am.....

11am.....Dangar 11.30am

DEPARTS DANGAR 2.45 and 3.45pm

If you arrive earlier at Brooklyn and or Dangar Island, both have cafes where you can have breakfast or a cuppa. Not everyone may fit onto the one ferry so consider catching the earlier ferry and take a walk or wait on Dangar at the cafe.

PLEASE RSVP ASAP AS THERE IS A LIMIT OF 20 AND 6 PLACES ARE TAKEN SO FAR.

PEOPLE NEWS

**HAPPY
BIRTHDAY**



Kathryn Longmuir
Jeff Cuff

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

Ecumenical Prayer Cycle

6—12 July



Sudan, South Sudan, Uganda

SYNOD SPOTLIGHT

Weekly

Uniting Church Synod of NSW and the ACT

Uniting Church Synod Spotlight Newsletter

For (27 June 2025) please see link to Synod weekly:

[Synod Weekly Spotlight 2025 -](#)

**IN
Focus**

st. matthew's
UNITING CHURCH
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JULY
2025



St. Matthew's Monthly Newsletter

In Focus for July 2025 is out.
copies are available in the Church
foyer.

or you can go to the

St. Matthew's website.

www.stmatthewsuniting.net.au

**HELP
WANTED**



**CAN YOU DRIVE SOMEONE
TO CHURCH - WEEKLY,
FORTNIGHTLY, MONTHLY?**

**VOLUNTEERS NEEDED FOR
8 AND 9:30 SERVICES**

PLEASE CONTACT SARA

Winter Blanket Drive for Parramatta Mission

Help Us Share the Warmth

Drop off time & location:

From Fri 1 May to 31 Jul, 9.00am – 4.30pm

Address: Allan Drew Funerals

221 Old Northern Rd, Castle Hill

(please don't bring blankets to St Matthews)

Let's wrap our community in kindness this
winter. For More information, please visit

<https://brnw.ch/2lwT6Op>



Thank you to all who have
contributed to this
publication.

Christmas IN JULY



THURSDAY · 24TH JULY · 6PM
LOAVES & FISHES RESTAURANT
180 LIVERPOOL RD, ASHFIELD

See you there!

RSVP to fundraising@billcrews.org by 17th July



Tim Attride is an English organist and choirmaster who is also a prolific and highly regarded composer. He has written a large amount of tuneful and accessible music for organ, assorted anthems and carols, folk songs and about 50 hymn descants.

Tim will be in Sydney for a short time in July. We asked him if, during that period, he would be happy to take part in a concert featuring his music. He cheerfully agreed! Galston Uniting Church - with its wonderful Forster & Andrews organ - was happy to act as host, and "An Afternoon With Tim Attride" is the result.

During the afternoon, Tim will tell us a little of his history and will play some of his organ music, with Philip Reichardt, Isabel Li and Enoch Pan also playing Attride organ works. The audience will sing a few well-known hymns with soprano Lorraine Minton singing Tim's descants and Dickson Chan at the organ. Lorraine will also sing some solo items accompanied by Ken Leeson and the Choirs of Galston Uniting Church, also accompanied by Ken, will present several items.

After the concert, afternoon tea will be provided.

Ample off street parking is available at the rear of the church.

Please join with us if you can for this very special event.

Tickets may be booked via [trybooking.com](https://www.trybooking.com)

using the following link:

<https://www.trybooking.com/events/landing/1422440>



Cash-only sales at the door on the day

\$40 adults \$30 concession

\$10 students primary school & under FREE

Enquiries phone 9653-2039



Men's Kitchen on THE MENU

By Bev Jordan

Plans are underway to set up a Men's Kitchen in Castle Hill to teach older men basic cooking skills. The new venture in the Hills will be the latest set up by the Men's Kitchen charity to meet a growing need.

President of the Men's Kitchen Association Peter Watson said good nutrition and strong social connections are critical to promote longevity and good health.

"It has been proven that people live longer when they feel more connected. We are what we eat, so learning to cook and making new mates along the way is a win-win."

He said after retirement some men lose their sense of purpose, in some cases they lose their partners or for health reasons of their partner taking on the cooking for the household.

"In the Hills District, there are over 15,000 men aged 60 or more, many of whom have never ventured into the kitchen."

He helped start the first Men's kitchen in 2016 in Forestville to help his father who had never stepped into a kitchen before.

"My mother died when I was in my 20s and my father married again but his second wife died when he was in his 80s."

Peter started learning to cook at a carers class run by NSW Health but when that closed down five of the men and their instructor moved to Forestville.

The Men's Kitchen Peter realised the need for such classes when demand grew. And they were able to fill classes in just a couple of hours.

Each session runs from 11am to 2pm. Classes are up to 10 men who work together in pairs to prepare a two course meal under the guidance of three experienced volunteer instructors. Everyone chooses the recipe they would like to prepare and once cooking is completed, everyone sits down together to chat and enjoy the meal.

There are now 22 Men's Kitchen groups (including Canberra and the Gold Coast)

operating with 200 men learning to cook and 100 instructors. Everyone involved is a volunteer.

Annual membership is \$40 which includes a personal apron and a cook book.

Peter has been recruiting locally to find volunteers to help run the Castle Hill Men's Kitchen at Wesley Uniting Church in Showground Rd Castle Hill with the aim of starting classes in September. The leadership team needs to be in place soon. It needs a district manager, a treasurer and an admin person to start with, then it needs six instructors. All will receive training and be mentored through the process.

Alison Johnson from Castle Hill is keen to volunteer. "I was looking for a voluntary role and something to do. I wanted to be part of something that was meaningful."

To find out more and join the leadership team for Castle Hill call Peter Watson on 0411 476 532 or email info@menskitchen.org.au or there is the website menskitchen.org.au.



Peter and Alison setting up a local Men's Kitchen

From the St Matthew's Social Issues Focus Group

How doing little things makes a big difference.

Reaching Out

When we watch the news on television or listen to the news on the radio, we constantly hear about the terrible bombing in the Middle East, whether it be Palestine, Israel or Iran or elsewhere. The media coverage of the bombing and the results of it can be very triggering for people who have escaped wars, both in the Middle East and other parts of the world. Refugees from the Ukrainian, Iraq and Afghanistan wars and other wars around the world will also be feeling it. What can we do? If you know anyone for whom this has been part of their life story, phone them or visit them to ask if they are okay. Sometimes just having someone listen and know that you care can be a big help to them.

For refugees experiencing distress related to overseas conflicts or needing support, several help lines and services are available. STARTTS offers a multilingual hotline called "Witness to War" (1800 845 198) for individuals, families, and communities affected by overseas conflicts. The NSW Transcultural Mental Health Line (1800 648 911) offers support for mental health concerns. The line operates for people from culturally and linguistically diverse communities in NSW from Monday to Friday between 9:00 am and 4:30 pm. At other times please call the NSW Mental Health Line on 1800 011 511.

Blessings from

Alexander Lawless

St Matthews Social Issues Missional Ministry Team

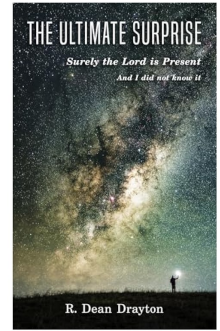
The St. Matthew's Uniting Church weekly Newsletter is available to view at the end of each week for the upcoming Sunday on the St. Matthew's website

www.stmatthewsuniting.net.au

Click on the metal dove image / publications or find in recent posts.

“The Ultimate Surprise”

We are very blessed to have an amazing and inspiring member of our Congregation in the person of Dean Drayton. Professor R. Dean Drayton introduces his new book, "The Ultimate Surprise: Surely the Lord is in this Place – And I did not know it" in an interview with Rev. Dr Clive Pearson in the linked YouTube clip.

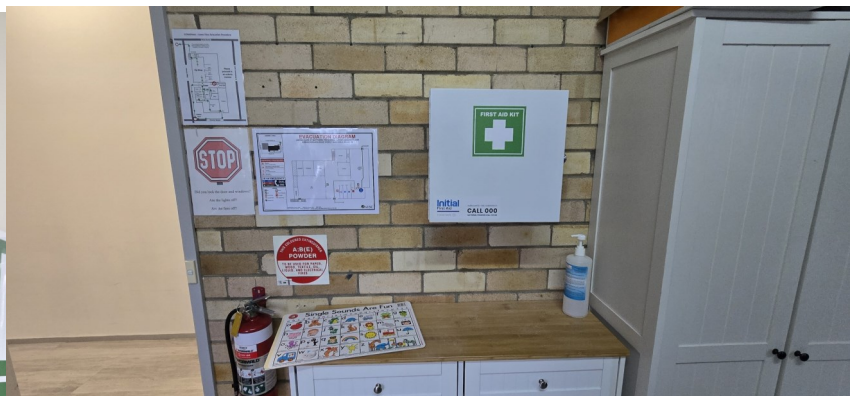


Dean challenges us to rethink how we encounter God, showing that the gospel is far more than a personal comfort - it's a cosmic revelation that upends our assumptions. In this conversation, he invites us to see how God's presence is already renewing the world, often in unexpected ways.

This conversation may stretch you - but it will also open your eyes to a surprising gospel truth.

(Recorded on 7 June 2025, at Iona Trinity College, Rhodes NSW, Australia)

<https://www.youtube.com/watch?v=Yfvt5nNvlcY>



Our new first aid kits have arrived

Jon has installed one in the kitchen downstairs and one in the kitchen upstairs.

Downstairs just to the right of where the old one was situated. It need to be moved to allow space for the Emergency and Evacuation diagram to fit.

Upstairs in the cupboard behind the kitchen door.

The Past Today

The Christian faith has a very rich history that is largely unknown to members of congregations today. There is a benefit in looking at the past.

- It can give us a sense of perspective on the present.
- It can show us where we have come from.
- It can also show us the times when the church got things 'right' and when it did not.

The following 4 part series is part of a plan to offer enquiries into slices into our past on an annual basis.

This series will consist of a presentation with questions and discussions. Led by Clive Pearson

When: last Saturday of the month for 4 months:

June 28- 'We believe'

July 26- 'Herstory'

August 23- 'Plagues and Pandemics'.

September 27 . 'Allah'.

Time: 10am-11am approx.

The themes for this first series are:

1. 'We believe'.

2025 marks the 1700th anniversary of the first great ecumenical council of the church, the Council of Nicaea. It was called into being by Constantine, the first emperor of the Roman Empire. Its principal focus was on dealing with contested understandings of how Jesus Christ, the Son, relates to God, as the Father. Was Christ divine or was a 'creature', the first-born of creation? The theological stakes were high: our faith and worship depends on how this 'problem' was resolved.

Constantine's conversion to the Christian faith had gone hand in hand with tolerance and legal status being given to Christians following a period of great persecution. No longer was the Christian faith a persecuted minority on the edges of empire. Was something lost in this change of status? That is an ongoing concern over the centuries. The Council also set the date for Easter.

2. 'Herstory'.

So often the history of the church has been exactly that – 'his' story. This way of viewing the past has tended to reinforce patriarchy but is it as true as we might be led to believe. In this presentation we consider the role played by women in the early church, including the 'order of widows', medieval women mystics and the life and witness of Argula von Grumbach during the Reformation.

3. 'Plagues and Pandemics'.

'Doing' church during COVID-19 gave us an experience of what it means to be a community of Christ during a time of pandemic. What was it like to worship, extend pastoral care, maintain youth groups? It is likely that there will be future pandemics. – which will most likely be a complication bound up with a changing climate. We were fortunate: we had the advantages of technology and vaccines. In the past that was not so.

In the course of its history the church has often had to negotiate its way through a plague / pandemic. In this presentation we will look at 3 of those and see how our forebears dealt with them. We will look at plagues in the early church (the Antonine, Cyprian and Justinian), the Black Death of the 14th century and Luther's response and advice during the Reformation.

The conduct of Christians during the early church struck pagan observers who were struck by the care extended to unknown 'neighbours'. The Black Death did much damage to the church's witness and ministry; Luther instructed the people of his day on how to exercise care for one self while calling upon those who exercised authority and oversight of society to work for the common good.

4. 'Allah'.

The Christian faith and Islam are the world's two leading religions. They can both look back to Abraham / Ibrahim. Jesus (as Isa) is the most mentioned prophet in the *Qur'an*, while Mary is mentioned more times there than in the New Testament. Their history has often been one of conflict – and caricature. This presentation fastens upon the expansion of Islam into what were Christian territories in the Middle East and North Africa, the Crusades, the Fall of Constantinople and Luther's determination to have the *Qur'an* translated into his German language and know what Muslims actually believe.

Luther was wanting to get beyond received stereotypes inherited from the Crusades. He was writing at a time when the Ottoman Turks had advanced through formerly Christian territories in Eastern Europe and were at the gates of Vienna.



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CELEBRATING 50 YEARS

ST MATTHEW'S UNITING CHURCH
AND PRESCHOOL'S 50TH ANNIVERSARY

Celebrate with us In October/November 2025!!!

SAVE THE DATES

SUNDAY 19 OCTOBER 2025 -

WELSH CHOIR PERFORMANCE @ 2pm

SUNDAY 2 NOVEMBER 2025

WORSHIP SERVICES WITH GUEST PREACHERS 8:00 AM, 9:30 AM & 6:45 PM

SUNDAY 9 NOVEMBER 2025

THANKSGIVING WORSHIP SERVICE – FOLLOWED BY MORNING TEA 9:00 AM

PICNIC LUNCH AT JOHN CURTIN RESERVE WINSTON HILLS FROM 11:00 AM

SATURDAY 15 NOVEMBER 2025

SOCIAL EVENTS AT CHURCH

– TALENT SHOW FROM 3:00 PM (DEPENDING ON ENOUGH PARTICIPANTS)

– DINNER & GAMES NIGHT FROM 5:30 PM (SHARE FOOD, STORIES & GAMES)

SUNDAY 16 NOVEMBER 2025

WORSHIP SERVICES WITH GUEST PREACHERS 8:00 AM, 9:30 AM

YOUTH SERVICE - GUEST PREACHERS (INCL SHINE CELEBRATIONS) 6:45 AM

SUNDAY 23 NOVEMBER 2025

50TH ANNIVERSARY - CHURCH & PRESCHOOL WORSHIP SERVICE 9:00 AM
- CHURCH & PRESCHOOL SHOWCASE (AFTER WORSHIP)
- BANQUET LUNCH (SHARE FOOD & STORIES) 12 NOON



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CELEBRATING 50 YEARS

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AND PRESCHOOL'S 50TH ANNIVERSARY

Celebrate with us In October/November 2025!!!

VOLUNTEERS NEEDED

TO ENSURE THAT OUR 50TH ANNIVERSARY CELEBRATIONS ARE A SUCCESS WE WILL NEED VOLUNTEERS TO ASSIST IN THE PREPARATION OF THE VARIOUS EVENTS. HELP IN A SMALL WAY CAN LIGHTEN THE LOAD.

IF YOU CAN ASSIST WITH THE FOLLOWING TASKS YOUR HELP WOULD BE MOST APPRECIATED BY THE PLANNING COMMITTEE.

- JOIN AS A MEMBER OF THE PLANNING COMMITTEE
- ASSIST WITH PREPARATION OF A GAMES NIGHT (SAT 15 NOV)
- HELP PREPARE OR PERFORM IN THE TALENT SHOW (SAT 15 NOV)
- ASSIST IN PREPARATION OF A PHOTOGRAPHIC SHOWCASE
- HELP TO PREPARE MEALS (**CONTACT ANNETTE WATSON**)
 - ❖ PICNIC LUNCH (SUN 9 NOV)
 - ❖ GAMES NIGHT DINNER (SAT 15 NOV)
 - ❖ BANQUET LUNCH (SUN 23 NOV)
- ASSIST IN PREPARATION OF WORSHIP SERVICES

IF YOU FEEL YOU CAN ASSIST IN ANY OF THESE TASKS, PLEASE SEE GREG GIBB OR CALL HIM ON HIS MOBILE **0414 764 437**



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CELEBRATING 50 YEARS

ST MATTHEW'S UNITING CHURCH
AND PRESCHOOL'S 50TH ANNIVERSARY

JOIN THE CELEBRATIONS & GET CREATIVE

AS PART OF THE PREPARATIONS FOR THE 50TH BIRTHDAY CELEBRATIONS WE WILL RUN A COMPETITION INVITING HELP TO CREATE AN ANNIVERSARY THEME AND LOGO THAT REFLECTS THE CHURCH'S JOURNEY AND THAT INSPIRES HOPE FOR THE FUTURE.

SHARE YOUR VISION AND CREATIVITY
TO CHOOSE A THEME AND DESIGN A LOGO.

ALSO, WE ARE LOOKING TO PREPARE A BANNER TO ADVERTISE OUR
CELEBRATIONS – IF THIS IS SOMETHING YOU COULD HELP WITH LET
US KNOW.

IF YOU FEEL YOU WOULD LIKE TO BE CREATIVE, PLEASE SEE GREG GIBB,
CALL HIM ON HIS MOBILE [0414 764 437](tel:0414764437)
OR SEND AN EMAIL TO greg.gibb1955@bigpond.com

SUBMISSION DEADLINE FOR THE COMPETITION IS 15 AUGUST 2025.
A SMALL PRIZE WILL BE OFFERED FOR THE WINNING THEME AND LOGO.