



st. matthew's
UNITING CHURCH
BAULKHAM HILLS
growing together

Weekly Newsletter

20 July 2025

Pentecost 6

Bible Readings

Colossians 1: 15-28

Luke 10: 38-42

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
Led by Jon Humphries

9.30am—Worship
Led by Jon Humphries
Followed by morning tea

KUCA in Recess

6.45pm—Worship
Led by Jon Humphries
Includes Communion

Thank you for worshipping with us today.

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

MONDAY 21 JULY

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

7.30pm—Christian Meditation

TUESDAY 22 JULY

9am-2pm—Op Shop open

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

WEDNESDAY 23 JULY

9am-2pm—Op Shop open

THURSDAY 24 JULY

9am-2pm—Op Shop open

FRIDAY 25 JULY

5pm-7pm Fusion Youth Group

SATURDAY 26 JULY

No Scheduled Activities

SUNDAY 27 JULY

8am—Worship
Followed by morning tea

9.30am—Worship
Followed by morning tea

KUCA Preschool,
Years K-2 & Years 3-8

6.45pm—Worship



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
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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)

PRESCHOOL DIRECTOR 9639 8570

SONALI WANIGESEKERA
PO Box 321 BAULKHAM HILLS 2153

EMAIL: director@stmatthewsps.net.au

Something to think about

20 July

Pentecost 6

Revised Common Lectionary Readings:

Amos 8:1-12

Psalm 52

Colossians 1:15-28

Luke 10:38-42

Sailing Through Life

I had the privilege of hearing a talk by James Pawelski a few weeks ago. He is Director of Education and Senior Scholar in the Positive Psychology Center and Adjunct Associate Professor of Religious Studies in the School of Arts and Sciences at the University of Pennsylvania. I was not previously familiar with him or his work, but he was a lecturer and mentor of my previous principal at Ravenswood, Dr Anne Johnstone, when she was studying her Masters in Positive Psychology. His talk was titled, 'Sailing Through Life' and he centred it on the analogy of the Lateen Sail.

A lateen sail is a triangular sail mounted on a long yard, typically at a diagonal angle to the mast, fastened to the fore-and-aft of the vessel. It was a powerful innovation in sailing as it moved away from square rigging where the sail is perpendicular to the direction of the vessel and leads to the boat only being able to sail forward when the wind is behind it.

The lateen sail allows a boat to sail against the wind, using tacking, making it a crucial innovation in maritime history. The Lateen sail is a flexible way of setting the sail and creates an aerofoil which results in the boat being pulled forward by air passing over the sail rather than simply being pushed forward by wind blowing into the sail. James used the metaphor of sailing to encourage us to have the right flexible approach and tools or techniques in life which allows us to move forward, even in what seem adverse conditions.

The Church is often portrayed as a boat or ship, symbolizing a vessel of faith navigating the "sea of life". This analogy, rooted in scripture and tradition. The central part of a church building, often called the nave, is derived from the Latin word "navis," meaning ship, further reinforcing the connection. The boat is symbolic of a vessel of salvation navigating the seas of unbelief, and the storms and challenges of the world. A sailing boat has a mast and yard arm which form a cross symbolising the centrality of Jesus in our moving forward, and the Holy Spirit is sometimes viewed the wind which fills our sails and drives us forward. A boat is the symbol of the World Council of Churches, and the Uniting Church in Australia's logo/symbol/emblem also echoes the shape of a sail boat in an abstract way.



In his presentation, James quoted a poem by Ella Wheeler Wilcox, "Tis the Set of The Sail." as part of setting his theme. Here is the poem.

**But to every mind there openeth,
A way, and way, and away,
A high soul climbs the highway,
And the low soul gropes the low,
And in between on the misty flats,
The rest drift to and fro.**

**But to every [one] there openeth,
A high way and a low,
And every mind decideth,
The way [our] soul shall go.**

**One ship sails East,
And another West,
By the self-same winds that blow,
'Tis the set of the sails
And not the gales,
That tells the way we go.**

**Like the winds of the sea
Are the waves of time,
As we journey along through life,
'Tis the set of the soul,
That determines the goal,
And not the calm or the strife.**

James highlighted the lines about the set of the sail not the gales which tells the way to go and thus it is the set of our soul which determines how we move forward not the calm or the strife of life. Here is where he suggested that the lateen sail was a great metaphor. If we simply fix our sail or our approach to life in a square-rigged way then when the winds of life are behind us, we are able to move forward and things are good and joyous, but this means that when the winds of life are against us, we are stuck or even pushed backwards. The lateen sail allows us to be pushed forward when the winds of life are at our back, and tack in our direction, that is move diagonally against the direction of the wind and still make headway when the winds of life are against us, because the shape of our sail leads to us being pulled forward. The counter intuitive nature of the lateen sail also means that because of the aerofoil effect one can move faster than the wind even when it is blowing from behind, and the same can be said of us being able to flourish more that we might expect in life with the right set of our sail. He suggested that the tools

of Positive Psychology are like the innovation of a lateen sail which give us flexibility and options to thrive and keep journeying well in life regardless of whether the winds of life are for us or against us.

As the Church, we also can use this metaphor. If we set our theology as a fixed rigging seeing God as being for us when things go well and against us when things go bad, then our religion is limited, and our faith does not hold to the reality in Christ. We end up only seeing Christ as the one who can calm our storm if we pray and have faith. If we have a flexible approach and use the tools of faith as Jesus taught, and writers such as Paul reinforce, then as the Church we can set our sails so God as Christ is our mast and God as Spirit is our sail. Regardless how the winds of life blow we are always able to move forward in life.

What does this mean in practice? Well, when we practise such things as the elements of love described in 1 Corinthians 13 and the fruit of the Spirit in Galatians 5 then we are setting ourselves in the flexibility of faith. More so, when we centre ourselves in God, who is the one who brings us through life, aligning ourselves with the love of God and bearing the image of God who is creator, redeemer and sustainer, then we have the means to move forward in life, even in the face of adversity. Things like the tools of Positive Psychology, which align well with core teachings of our faith, then help as techniques and methods for setting our sails and souls in right ways in life.

I'm not sure that I have done justice to James Pawelski's talk. But as the Church, if we wish to move forward, rigid and inflexible ways of being like square rigging, even if they are traditional, can be unhelpful, or at least not as effective as being more flexible in our approach, like the lateen sail, to our joining with the mission of God as a community of faith and discipleship. How we set our sail as we set sail as the Church, at least if we wish to move forward in our context where the winds and tides of society are often against the direction which God calls us to move forward in is thus something to really think about

God bless
Jon

The Past Today Episode 2 “Herstory”

Time: 10am-11.15am Saturday 26 July 2025

Where : **St. Matthew's
Uniting Church**

Led by Clive Pearson

Explore the often-hidden
history of women (herstory)
in the life of the church.

The Third in this series will be
on
faith, pandemics and plagues:
on **Saturday 23 August 2025.**

What did it mean to be

- A mother who was martyred?
- A widow in the early church?
- The mother who prayed for her son to be converted (and become one of the greatest of all Christian thinkers)?
- A pilgrim who oversees the building of churches in Jerusalem and Bethlehem?
- The sister behind the final form of the Nicene Creed?
- A midwife (authorized by the bishop)?
- A ‘runaway nun’ who marries Martin Luther?
- A reformer whose pamphlets run through 16 editions?



This week the Property Committee organised to have an air-conditioner installed in the Op-Shop to keep the lovely ladies and gentleman who work there and their clients warm.

Jane Jenkyn
Secretary Property
Committee



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

Newsletter from the Synod Meeting Just Held

Many of us know that there is this state-level part of the Church called the Synod. We might know a bit about what it does or have dealt with one or more of the Synod-level agencies. Many may not know much more about it, though.

The Synod is technically one of the four councils of the Church. We have a Church Council. Members of our congregation are part of a regional council called the Presbytery which meets quarterly. Several members of Presbytery and all ordained ministry agents make up the Synod which meets annually. The Synod is led or chaired by the Moderator. Several elected members from each Presbytery make up the Assembly which meets every three years. The Assembly is chaired and led by the President. Each council has committees or agencies, as well as appointed roles which help them discharge their role and duties.

This year a significant decision was made to move from 12 regional Presbyteries to having three presbyteries that radiate out from Sydney to borders of the state.

You can read some summaries of the decisions made on the Synod website

<https://www.nswact.uca.org.au/>

PEOPLE NEWS

**HAPPY
BIRTHDAY**



Chris Bunn
Elaine Cater
Alexander Lawless

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

Ecumenical Prayer Cycle

20—26 July



Djibouti, Somalia

Weekly SYNOD SPOTLIGHT

Uniting Church Synod of NSW and the ACT

Uniting Church Synod Spotlight Newsletter

For (11 July 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

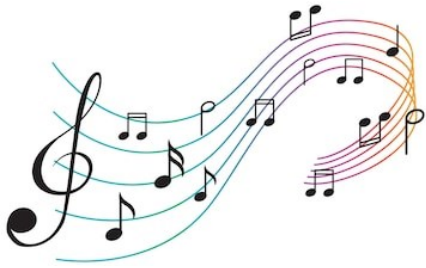
<https://brnw.ch/2lwT6Op>





Happy
25th
Anniversary!

25th Anniversary Of Coffee & Discovery



Thursday 7 August
10am-12pm

"A Warm Welcome is extended to a celebration of the 25th Anniversary of Coffee & Discovery with a great morning tea and a musical treat with *David Short's* amazing music .



ALL are welcome!

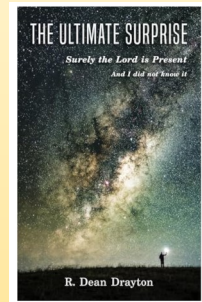
Please contact Sara via the office if you would like to attend and need a lift.

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

*****ALL WELCOME*****

"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"



"The Ultimate Surprise" can be purchased from
amazon.com.au
Cost: \$19.80 paperback.

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

Thank you to all who have contributed to this publication.

From the St Matthew's Social Action Missional Ministry Team

How doing little things makes a big difference

Early Drug Diversion Initiative (EDDI) - recent webinar:

The drug diversion webinar run by Uniting Fair Treatment "Police Diversion- Lessons from Overseas" was very well attended. We heard from Professor Alison Ritter from the Drug Policy Modelling Program (DPMP) at UNSW to explore police diversion in NSW and Australia. She emphasised that police led drug diversion does not mean decriminalisation, but it is a pragmatic step forward in the treatment of drug use.

Professor Ritter discussed the critical limitations of the EDDI in NSW, including its discretionary nature, the current two-strike policy, and exclusions based on drug type and quantity that don't reflect a policy that supports the people who actually need it the most.

Our UK guests shared incredible insights into the work done to build a new drug diversionary policy in the UK, working from the complex and clunky frameworks of current drug charges to a streamlined, health and wellbeing-focused scheme.

One of the programs outlined known as DIVERT, which has been implemented in three areas across England (West Midlands, West Mercia and Staffordshire) allows police to use an app to directly support referrals to treatment, which works to avoid any formal justice outcomes and provide access to services to those who most need it within a few days. Evidence proves that any delays to care significantly reduces the potential positive outcomes. Quick access to drug diversion also keeps treatment retention rates high. Since its creation, at least 4.25 hours of police time was saved per case. With over 18,000 referrals, that is a saving of at minimum 76,500 hours of police time.

As we reflect on these insights from successful drug law reforms from across the world, **we urge you to write to your MP** to let them know that the evidence supports change. You can even send them the video of the event!

Edited highlights of the webinar video: <https://youtu.be/0AVTtQhGhv4>

Uniting Fair Treatment Web page for the webinar: https://www.fairtreatment.org/blog/2025/07/10/police-diversion-webinar-recap/?mc_cid=9bdd35ee29&mc_eid=e16f3efd98

To ask about joining the Social Action Group at St Matthew's
email Alexander on alexander.lawless7@gmail.com

Our next meeting will be on Tuesday 19th August 2025 at 7pm in the Lower Church Hall.

*Blessings,
Alexander
SAMMT*

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

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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BAULKHAM HILLS
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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

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.