

st. matthew's UNITING CHURCH BAULKHAM HILLS growing together

AUGUST 2025



St. Matthew's Monthly Newsletter



Prayer is good for the soul. Some people pray to get what they need or want. Some people pray in the moment of necessity. Some people pray to build good into their lives. Some pray out of habit and faith. There are many ways and reasons to pray, and many religious and faith traditions to draw upon. The key thing is, that despite the great diversity in human culture and spirituality, throughout history and into the present, people have found help and comfort in prayer. It is good for the soul.

I think the idea of prayer is something that needs to be challenged a little. Those of us who are religious are so often familiar with it, but we have domesticated something that should be more raw. I was once asked to do a seminar on prayer and I went back to the prayers of Jesus, particularly in Gesthemane, and went to the Psalms, and found something about prayer in the honest

expression of thought and feelings which challenged me to rethink how I prayed.

The heart of any relationship

is communication, and if faith is founded on our relationship with God, then prayer is the communication pathway which deepens that relationship. Therefore, it is important that we pray. We pray in order that we better hear and comprehend God's will. We pray to be connected with God, whom we know as Christ and the Spirit. Connection with God is usually humbling, confronting and usually life-changing. Through prayer we are thus led into the work of faith and transformation of our being. Prayer is a deep and dangerously rewarding part of discipleship where we are nurtured and blessed as we step out on the way of the Christ in loving service to God and others, which usually calls for sacrificial giving of ourselves. This is rarely comfortable or easy. That is why Jesus called it the way of the cross.

of *Transformation* is the key aspect of prayer. Our prayers should tune us into God, and if we become tuned to God and God's will, especially God whom we know as Christ and the Spirit, then our prayer should have an edge which convicts us of our flaws and failings but holds us in God's grace and then calls us into love and the ministry of service of others. So, even praying for others should be important not only for them, but for us being moved to get up off our knees at least in some way, to join God in the work of change in the world. This means that we might need to approach prayer differently at times to what we have inherited from our religious traditions, as valuable as what they might be. Prayer needs to be organic, and is as much, if not more, about tuning into God, than speaking to God. The other important aspect of prayer, which we learn from the Psalms, is its power to allow us to be real with God, to vent our feelings, be they joyous or otherwise. Giving our thoughts and feelings to God in a raw and honest way then usually opens us to be more connected with God, and being more connected with usually leads transformation. Continued next page

Prayer must be prayed continued

So, for me, prayer is more transformational than transactional. Prayer is not so much about getting God to do what we want, but is about tuning us into what God wants. It is about connecting with God, our own feelings and with God's hope and a vision for a way forward in our lives. It is less about making a deal with God, and more about working out what the deal is. Prayer for me is not so much about changing God's mind to our way of thinking so that we get what we want, but is more about transforming our mind to God's way of thinking so that we receive what we need. I may be wrong because I often am, but why we pray and what we get out of it is worth thinking about. I am not suggesting that we shouldn't ask God for things, but that we do so more in a sense of sharing our thoughts and feelings than a sense of expectation that God will just do, or not do, what we ask.

When I read the Psalms or the few prayers that we have in the Bible that Jesus prayed, I usually see someone pouring out their soul and making a profound connection with God. They speak their heart and mind to share it with God, not to persuade God to do or be different, but because God is there to listen. In the Psalms people ask God for things and they also blame God for things and they question God about things, but this too is a sharing of heart and mind. It is not about getting God to do what we want or because God is to blame, but it is an outpouring of a soul who finds themselves in a particular state of mind and state of emotion due to the circumstances and situations in their life. It may be phrased in form of requests and petitions, but the truth lies between the words in the prayer and is about the feelings and motivations from which the words arise.

Prayer has an effect. The primary effect, as I have suggested is transformation of us. Whether it is like

in the lamenting Psalms, our venting of our pain or frustration or doubt, leads us into faith or reminds us of the need for faith, that is important. Praying for miracles has some power, but they are, in my experience, few and far between. Praying for things to happen or change is if valid, but as I have suggested, it is more about looking for us to happen to change. Prayer not only establishes a connection with God, but connects us with those whom we pray for - or at least it should. As the writer of James reminds us. if we wish someone well. or pray for someone, and then do little to help that, what use is that, because



faith without deeds is dead? (James 2:14-26) More connectedness is a good thing and can lead to a change in the better, especially if more people become tuned into the will of God and the way of Christ. However, prayer can of course have effect in itself because it is given over to God who is at work in the world. I have read some research which suggest that people who are in hospital who are prayed for have better outcomes, and this is regardless of whether or not they know that they are being prayed for. This takes the effect of prayer beyond a placebo effect. So, I am not big on the approach to prayer which seems to imply that if we pray enough then we change God's mind and then God changes the world, but I am open enough in faith to acknowledge that prayer has a power which goes beyond our understanding because it rests in God.

Good prayer arises from good theology and good theology arises from good prayer.

Good in this sense has less to do with particular doctrine and more to do with faith, because theology is about God and words - Words from God, just as much as it can be words to God and words about God. Prayer should be about faith seeking understanding, just as much as it is about us seeking stuff from God.

It is about true orthodoxy - right glory.

It is about a deep connection with God which brings glory to God because we honour God's nature and name. Thus, prayer should more often be turned around from just talking to God (or worse talking at God) to listening for God.

This listening is sometimes the hardest part of prayer and is why it is often dropped in priority or left out, because it is about deep faith and spirituality and is less defined and more subtle than just saying stuff to God or asking stuff from God.

Of course, speaking to God and asking things of God is perfectly OK and are important aspects of prayer. However, listening for God is the deeper art of prayer. There is a struggle in listening for the still small voice which often gets drowned out by the noise of our emotions; that gets shouted down by our wants and desires; that gets distorted by our expectations, prejudices and biases.



Continued next page

Prayer must be prayed-continued

And of course, there is often the wrestling with God that comes when we encounter God speaking to us. Hearing God is a blessing, but like the story of Jacob at the ford of Jabbok, we rarely come away without limping because to hear God speak to us is often humbling and disturbing and usually involves a call to mission, justice or sacrificial loving service to others. This is the risk of prayer and why we often use our words to help us feel like we are praying, but in reality, we are stalling to avoid the deeper act of listening or we subconsciously trying to avoid hearing what God might have to say to us. Certainly, most of us don't do this consciously, but if we are honest with ourselves and listen for God in Scripture, we will find that prayer is a source of strength and comfort in our affliction, but it is also often the case that in listening to God we will hear a call to step out in faith beyond our comfort zone and walk into God's mission of love and renewal of the world.

Prayer is communication, and as such if I am never silent then how might I hear God speaking to me in the still small voice? If we are never silent, then where do we create space for the Scriptures to be reflected on as the Spirit stirs them within us? Prayer can surely also be non-verbal communication, for we say much to God in standing in awe as we do in our clumsy attempts to put such awe into words. Obviously one can't write down silence, and I am not about being prescriptive about how and

when others should enter into silence. are praying in the way that they are. If I just encourage you to make space in we are to truly enter into prayer, then your prayer life for silence. I we need to use words which are true encourage you in make space in your life so that there are times which you set aside to be still and know God as God. Make space in your life to listen for the Word of God who is Christ, and is not only heard through Scripture, but as Scripture itself conveys, the Word of God comes to us as people at times directly. Make space to be still and silent for long enough that the whispering of God who is Spirit can speak to you and inspire good things in you. When and for how long you make space for silence is always up to you, but please don't forget that it is an important and powerful part of prayer, which is often overlooked in our lives and sometimes not even allowed for in our worship.

When is a prayer not a prayer? This may seem a strange question to ask, but it is an important one. A prayer is not a prayer if it is not prayed. A prayer on paper or read or spoken in a church service is in reality just a just



a set of words. It only becomes truly prayer when someone joins their heart, mind and spirit to the words as an expression of their connection with God. When others lead us in prayer we are not obliged to pray what they

for us.

For the prayers of others to become prayers for us, we might need to let them echo within us for a while. We might need to change the language or re-form them or rewrite them to fit our connection with God or our understanding of God/theology. They might hold ideas or forms which help us learn to pray or they may be simply a starting point which leads us into our own prayer. The wording others may use may be something speaks to us and in turn something we desire to pray and may be just what we need to give voice to our soul. However, they might not be what we think or feel. That doesn't make them wrong, in fact other's words might challenge us to think differently if we do the work of reflecting on them

Whatever form or way you choose to pray, the important thing is that it comes from you and is an authentic expression of your faith and spirituality. This should be always growing and developing, so maybe the prayers of others we can't pray at the time they are shared with us, open us to learning new ways to pray ourselves.

God bless Jon

Pastoral Care Update

On Sunday morning, I was excited to see someone who hasn't been able to get to church for quite a while. She had accepted a lift from one of the many people who have volunteered to help out by driving someone to church. (Thank you everyone!!) It was great to see friends worshipping together and catching up after the service.

Prior to Sunday, when we spoke together about the driving arrangement, she expressed two thoughts to me. Firstly, she told me how she used to love picking people up and taking them to church in the past, when she was still driving. She also said she felt like an inconvenience to the people who had volunteered.

Often when it comes to caring, we hold these two conflicting views. On the one hand, we are happy to help out where we can, to share our gifts, our abilities and our love. But on the other hand, it is hard for us to accept the help of others. We feel that we are perhaps not worthy of care, that our problems aren't big enough to worry about and that there are others who are worse off who should be helped first. It doesn't help that our society prizes independence and the ability to stand on your own two feet.



Jesus came to earth, the son of the living God, bringing

the good news of the Kingdom of Heaven, ushering in a new phase of God's presence as Spirit among us. A new commandment he gave us, saying "Just as I have loved you, you also should love one another. By this everyone will know that you are my disciples, if you have love for one another." (John 13:34-35) A commandment second only to loving God.

In loving one another, we must not only show love to those around us, we also need to accept the love shown to us by our sisters and brothers in the church. This month, I would like to encourage you not only to reach out in love to those around you, but to allow them to reach out in love to you. In the words of The Servant Song, "Brother, sister, let me serve you; let me be as Christ to you; pray that I may have the grace to let you be my servant too."





St. Matt's is part of something new. Jon and Vanessa Williams-Henke are trialing a new podcast called, "On the Way." 'On the Way' is a podcast about life, faith and everything in between and is for people of all ages. The first episode was released last Monday and new episodes will come out weekly.

Episode 1 - 'On the Way': Who is God?'

Here is the YouTube link

https://youtu.be/BoDzTv7kxi8?si=sFGGEf0FaliaiKT

On the Way is a resource to encourage people of complete or comprehensive answer in the six or all ages on the way towards continued learning so minutes they talk about it. Yet, they do hope to about faith and discipleship and on the way provide a good start to answering the question, towards richer and deeper conversations and and the hope is that they spur people on to keep higher quality connections with others.

Each episode is around 10 minutes. Ness and Jon The aim is for 10 episodes for each season. have a conversation to help answer a big question about life, faith and religion that many people wonder about. The hope is that it is something people can listen to and bounce off for their own conversations on the way to school, to work or Church or activities, whether you are in the car, the train, a ferry or walking or whatever.

This resource might also be helpful for conversations in youth groups, all-age parts of church services, home groups, Bible study groups or to help families have conversations which help form members in faith and discipleship at home.

Each Episode begins with them checking in with each other about their wellbeing. This is a great habit for all of us to do, and to take it beyond just a quick "How are you?"

They then ask a small question which leads to bigger conversations. These are aimed growing higher quality connections in our relationships. In our first season they are working through the 10 big positive emotions as developed by Barbara Fredrickson.

The main part of each episode then deals with the big question which is the focus of the episode. Jon and Ness know that they aren't going to answer any one fully. They can't provide a taking about it or asking others about it.

Ness and Jon are having fun and learning themselves as they chat and share their insights about faith and theology and get to know each other better through doing it. They hope that it might be a blessing to others in some way.

You can find audio versions wherever you get your podcasts - currently it is sitting under the Uniting Heart and Soul banner.



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.



1st Saturday of the month 9am-12pm

Upcoming dates

2 August

Pre-loved Household items,

6 September

Electrical, Toys & Books

4 October

(Fiction, Non-fiction & children's books)

St. Matthew's Lower hall



Op-Shop News

We are delighted to receive so many wonderful donations from the community

The team are doing really well.

The Community Coffee morning

will be on

20th August from 10.30am in the lower hall.

Come and get to know your neighbours and enjoy making friends.





Vintage Sale

Will be on from

Thursday 21st to Saturday 30th

August.

Some fabulous dresses, suits, hats, handbags, shoes and miscellaneous items.





Daily Wisdom



To let go of our thoughts the first step of discipleship. We can't urn off our thoughts, but we can begin to take the attention off our thoughts. But we need something to help us to do that, and this is the practice, the little method, the little discipline that we have received from those early Christian disciples. What they advise us to do is to take a word—a single word, a sacred word, a prayer word—just word that sums up

everything.(...) We then

begin to repeat this word silently in our mind and heart. We keep repeating it gently attentively, lovingly, and faithfully. And of course we get distracted many, many, many times. That doesn't matter. We're not perfect. We don't have to perfect meditators because we're not perfect disciples yet, so we don't expect to be perfect meditators. That doesn't matter. You don't have to be perfect. What matters is not being successful, it's about being faithful.

Christian life in the light
of Christian Meditation (Laurence Freeman)

The Past Today 4-part Series led by Clive Pearson

Where: at St. Matthew's in the Church Time: 10am – 11.15am

Final themes for this first series are;

3. 'Plagues and Pandemics'.-23 August 4. 'Allah'.- 27 September

Please note change of date for the August Saturday date.





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





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 0414764 437
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.



CELEBRATING 50 YEARS

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

Celebrate with us In October/November 2025!!!

VOLUNTEERS NEEDED

TO ENSURE THAT OUR 50TH ANIVERSARY 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 (SAT15 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

From the St Matthew's Social Action Missional Ministry Team

'Doing little things can make a big difference'.

The Situation in Palestine: two articles to read

From The Jewish Independent Magazine (Australian)

'Diaspora gathers in support of People's Peace Summit' by Irene Ulman 9th May 2025:

"Many in Israel's peace camp, Palestinian and Jewish, lost loved ones in the ongoing and recent atrocities. But they're not calling for revenge. They're calling to replace an entrenched, untenable status quo with a just and sustainable peace. Jews cannot be free or safe unless Palestinians are free and safe. Every child deserves a good future. There's nothing that is more important. The peace builders' message is that the future of Jewish and Palestinian children in Israel-Palestine is intertwined."

https://thejewishindependent.com.au/diaspora-gathers-in-support-of-peoples-peace-summit

From the Uniting Church Assembly article written by Rev Lindsay Cullen, Assembly Associate General Secretary May 19, 2025:

The Sydney Friends of Standing Together (SFOST) is a group aligned with 'Standing Together', which describes itself as "a progressive grassroots movement mobilizing Jewish and Palestinian citizens of Israel against the occupation and for peace, equality, and social justice".

At a recent SFOST gathering, the Rev Lindsay Cullen, the Assembly Associate General Secretary, spoke of the teaching of Jesus, drawn from the Jewish scriptures, that we should love our neighbour; that Jesus made clear with his story of the Good Samaritan that 'neighbour' does not just apply to those who look like and think like us. Rev Cullen stated that "I was privileged to be asked to speak at the Sydney event on behalf of the Uniting Church in Australia". Sydney Friends of Standing Together described this as an opportunity to stand in solidarity and recognise that it is time to:

- stop the killing, bombing and starvation
- return all hostages
- end the occupation
- listen to the people
- promote peace for all.

Rev Cullen stated that "these aims are very consistent with the things our own UCA Assembly Standing Committee, and the Assembly, have been calling for since April 2024. I commend the organisers and the attendees for their commitment to ongoing calls for peace, and it would be my hope that members of the UCA would continue to live into our call to be peacemakers."

https://uniting.church/report-sydney-friends-of-standing-together/

Blessings, Alexander SAMMT

Calendar of Events for August 2025

Monday Tuesday Wednesday Thursday Friday Saturday Sunday



Community Room

MONTHLY ACTIVITIES and REGULAR GROUPS



Bible Study Tuesday Evenings 7pm-8.30pm

in church or community room

IN RECESS



Wednesday 13th August @ 10am

Table Games

Dulcie Duncum & Margaret Gray





3rd Wednesday of the month 10am to 12noon

Mckel's Café, Shop 14, Circa Boulevarde Bella Vista

Every third Wednesday of the month Enquiries Alan Wright



1st,3rd & 5th Wednesdays of the month in the upstairs church hall 10.00am to 12.00pm Bring your craft along to do. Share fun and fellowship with other crafty ladies.



Care and Prayer

All Welcome 11.30am on the first TUESDAY of each month at St. Matthew's February to November

Next meeting 5th August





NEW GROUP MONDAY Evenings 7.30pm-8.30pm Tuesdays at the Church 9.30am-10.30am For more information or to express your interest in attending please contact

Morning Tea supplied. Enquiries: Jane Cole

Katherine Pedersen
Facilitator kathped56@gmail.com

ALL WELCOME

OP SHOP

Open Tuesday, Wednesday & Thursday 9am-2pm and 1st Saturday of the month 9-12pm

Pre-loved clothes & accessories, Books, Haberdashery, Bric-a-brac, Pot Plants.



Saturday **2nd August** 9am-1Žpm

Pre-loved Household Items, Electrical, Toys & Books (Fiction, Non-fiction & Childrens Books)

St. Matthew's lower hall Edgar St



SHINE is a special needs social group for all ages after High school. Meets Sundays Monthly for dinner & fun. Cost \$5

Still collecting for their shoebox appeal supporting a school in the Philippines. Donations of small educational items, soaps & combs are greatly appreciated. Please place donations in the box provided at the top of the stairs in the church foyer.

Giving From time to time, we receive questions on how someone can make donations to St. Matthew's Uniting Church Baulkham Hills, to further support God's work through the Ministry team and congregation, in the wider Community. To assist with this, we have set up the following account with Uniting Financial Services:

Account Name:

Baulkham Hills Uniting Church-Giving Direct BSB: 634634 Account Number: 100025924 If required a Direct Debit Request Form is available in the foyer or speak with Barry Gregory. For your support of God's work here at St. Matthew's, a big thank you! If you wish to find out more, please contact the Church Office.

YOUNG FAMILIES

@ 9.30am service during term for Preschool, Years K-2, and Years 3-8

YOUTH and YOUNG ADULTS

Fusion Youth Group....

Years 3 to 9. Meet Friday evenings at the church during term time. 5pm—7pm Contact Jon Humphries

jon@stmatthewsuniting.net.au

THRIVE BIBLE STUDY......

For young adults

Fortnightly on Tuesday evenings Contact Jon Humphries jon@stmatthewsuniting.net.au

**** To include your activity in the **SEPTEMBER**

In Focus

St. Matthew's Monthly Newsletter please send details to Lynn in the Church Office by 15 August Thank you

Maintaining contact with you and your family is very important to us.
We would be grateful if you change your address, phone/mobile or email details that you let us know by phoning and leaving a message on 9686 3003 or by email: office@stmatthewsuniting.net.au

Thank you to all who have contributed to this publication.

MINISTER

REV JON HUMPHRIES

PASTORAL CARE WORKER

SARA WIENAND

CHURCH OFFICE SECRETARY: LYNN SAMUEL

CHURCH OFFICE HOURS 8AM-2.30PM

TUESDAY, WEDNESDAY, THURSDAY

9686 3003 OFFICE:

LOCATION:

CNR CHARLES & EDGAR STREETS

BAULKHAM HILLS

POSTAL ADDRESS:

BAULKHAM HILLS UNITING CHURCH PO Box 773 Baulkham Hills 1755

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