



**25 January 2026**

**Epiphany 3**

**Bible Readings**

Matthew 4: 12-23



**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

**twitch.tv**  
Livestreaming at  
8am, 9.30am and  
9am in January each year

Thank you for worshipping with us today.

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

**MONDAY 26 JANUARY**

**Australia**

**Day**

**Public Holiday**



7.30pm—Christian Meditation

**TUESDAY 27 JANUARY**

**Church office closed**

9am-2pm—Op Shop

9.30am-11am—Christian Meditation

community room and church

7.30pm—Property committee meeting

**WEDNESDAY 28 JANUARY**

**Church office closed**

9am-2pm—Op Shop

**THURSDAY 29 JANUARY**

**Church office closed**

9am-2pm—Op Shop

**FRIDAY 30 JANUARY**

**No Scheduled Activities**

**SATURDAY 31 JANUARY**

**No Scheduled Activities**

**SUNDAY  
1 FEBRUARY**

**8am—Worship**

*Includes communion*

**9.30am—Worship**

*Includes communion*

Followed by morning tea

KUCA returns for 2026

Preschool,  
Years K-2 & Years 3-8

**6.45pm—Worship**

*Includes communion*



**9am—Summer Worship**

Led by Jon Humphries  
followed by Morning Tea

KUCA in Recess for school holidays

**5pm—Shine— setup from 4pm**

**6.45pm—Worship**

Led by Jon Humphries

**MINISTER**

**REV JON HUMPHRIES**

Email: [jon@stmatthewsuniting.net.au](mailto:jon@stmatthewsuniting.net.au)  
[jhumphries@nswact.uca.org.au](mailto:jhumphries@nswact.uca.org.au)

**PASTORAL CARE WORKER**

**SARA WIENAND**  
SUNDAY am, MONDAY, TUESDAY  
Email: [saraw@nswact.uca.org.au](mailto:saraw@nswact.uca.org.au)

**CHURCH OFFICE SECRETARY**

**LYNN SAMUEL** : [lynns@nswact.uca.org.au](mailto:lynns@nswact.uca.org.au)

**CHURCH OFFICE HOURS** 8AM-2.30PM

TUESDAY, WEDNESDAY, THURSDAY

**OFFICE :** 9639 8570  
Email: [office@stmatthewsuniting.net.au](mailto:office@stmatthewsuniting.net.au)

**CHURCH COUNCIL CHAIRPERSON**

**MIKE UNDERWOOD**  
Email: [mikeu@nswact.uca.org.au](mailto:mikeu@nswact.uca.org.au)

**CHAIRPERSON OF ELDERS**

**HELEN OLLEY**  
Email: [helen.olley@optusnet.com.au](mailto:helen.olley@optusnet.com.au)

**LOCATION:**

CNR CHARLES & EDGAR STREETS  
BAULKHAM HILLS

**POSTAL ADDRESS:**

BAULKHAM HILLS UNITING CHURCH  
PO Box 773 BULKHAM HILLS 1755

**WEB SITE:** [www.stmatthewsuniting.net.au](http://www.stmatthewsuniting.net.au)

**Weekly newsletter available on website**

**FACEBOOK:**

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

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# Something to think about

25 JANUARY

3rd SUNDAY  
AFTER  
EPIPHANY

## Revised Common Lectionary Readings:

Micah 6:1-8  
Psalm 15  
1 Corinthians 1:18-31  
Matthew 5:1-12

## Amenning

Many of us are familiar with the word, "Amen." It is the word many of us have heard and used at the end of almost every prayer. Some might even think that there is a rule which requires it to be used. What we all might not know or remember is what amen means, especially in the original language. What even fewer of us might understand is the idea amen is not just a word or a way to end a prayer but is a work for us to do. Amenning is part of our work as prayerful people. Prayer is a spiritual work and thus it can be considered liturgical. The word 'liturgy' comes from the Greek word [leitourgia] which can be simply translated as the work of the people, although there is a deeper richness and complexity to its meaning. Amen is a rich word too, and there is a complexity to our work of amenning that is worth considering that is beyond just offering prayer to God.

In Hebrew **אָמֵן**[amen] carries the meaning of "so be it," "let it be so," "truly,"

or "it is certain," stemming from a root meaning "firm, sure, reliable." It is used to express strong agreement, affirmation, or faith in prayers, declarations, and blessings. It is used in Jewish, Christian, and Islamic traditions. It could also be rephrased as "So say we all" which was a phrased used in the TV show Battlestar Galactica (2004-2009). Another way of expressing amen is 'let it be.' This interpretation was made famous by The Beatles in their popular song of the same name. Drawing on the understanding of 'so be it' or 'let it be' is useful in creating a concept of amenning as our liturgical work.

### **Amenning: Let It Be in God**

A first step in amenning is to remember and have faith that all things are in God. This is a practising of hope, patience, faith and love. God is at work in all things. As Paul writes in Romans 8:28 "And we know that in all things God works for the good of those who love him, who have been called according to his purpose." God is at work for good. God is present as Holy Spirit, with us, in us, with others, in others and in all things. This should give us peace so that we can let it be. Let us let God be. Let us let God be God and do what God is doing. This is the first amenning.

### **Amenning: Let It Be As It Is**

The second step in amenning stems from the first. Things are as they are. We may wish or hope that it was otherwise. We might desire things to change and God to change them. What is might be able to be worked on, and our belief that God is at work for good in all things, bring hope, change, redemptions, healing and transformation, even resurrection. Yet, the second step in amenning is that of acceptance. Even if we hold a hope for change, the first step in solving a problem is

Continued next page

accepting that there is one. This way of amenning is about the rejection or the turning away from denial. It steps aside for a moment from the common human tendency towards bargaining and rumination where we get caught up in asking, 'what ifs' and 'if onlys'. This second amenning is letting things be as they are in an acceptance of reality before we look to change.

### **Amenning: Let It Be Your Will**

The third step in amenning is to return to God and seek God's will. We seek to let things be as God wills it to be. This is not about claiming that was is the work or the will of God. God does not cause bad things or will us to suffer by making bad stuff happen. God's will is to work for good in all things, and to redeem bad things so that good can come out of it. God wills that good things might come out of evil. God does not do or cause evil. Yet, God is present in the midst of evil caring for those who suffer, feeling with them and working with compassion to sustain and bring people through such awful things, so that they might find healing and recovery. God is working in the midst of evil to bring hope: the hope that such evil may be ended and defeated, and then to help bring recovery and renew wholeness to brokenness.

In this third work of amenning we should, in saying "amen: let it be," seek to discern what God might be calling and willing us to do to join in God's work and to be the embodiment and incarnation of God's love. We look to God who is the Holy Spirit for inspiration and call to be the Church: The Body of Christ – Christ who is the incarnation of God and God's love.

In seeking to pray, "Let it be your will," we should be seeking God's will for us and then accepting that will may include us, and then acting, doing and being as we are called to be. This is a putting of our faith into action. This is practising and being part of the answer to our prayer, because God answers prayer often by calling us to join in being part of God's will and work.

### **The Work of Amenning**

So, amenning is a work for us as the people of God. It is part of our true and deeper liturgy, which takes us beyond the words and ritual of prayer into the living out of the mission of God which is our calling. Amenning reminds us that prayer is centred in God and places us, and that which we are praying for and those whom we are praying for, in the love, grace, will, work and mission of God. Thus, amenning gives us much to think about which is worth thinking about, and leads us from not only thinking, to doing and being. Amen: So may it be.

*God bless  
Jon*

PEOPLE NEWS



Beau Cameron  
Peter Jenkyn  
Garry Bindley

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

**Ecumenical Prayer Cycle**

25—31 January

*Cyprus, Greece, Turkey*

Please  
return  
completed  
forms by  
**1 February**

**Volunteer  
Form**  
Assisting with  
Morning Services



**MARCH, APRIL, MAY 2026**

Are available from the  
church foyer.

**NEW HELPERS  
WELCOME**



**Please return forms to the blue  
mail tray or church office.**

UNITING CHURCH  
BAULKHAM HILLS  
growing together

*Found*

Large hoop earring has been handed in  
to the office, if you have lost one,  
please collect from office.

Thanks

Lynn



**World day of  
Prayer**  
**Friday 6**  
**March 2026**

St. Matthew's is hosting this year's World  
day of prayer. Volunteers are needed to  
assist. Please contact Pamela Leslie on  
0404 023 588



**KUCA RETURNS  
FOR 2026**  
**Sunday 1 February**  
**Preschool, Year K-2 and  
Years 3-8**

# *St Matthew's Social Action Missional Ministry Team*

How doing little things makes a big difference.

## **Topic: Modern Slavery Update**

In 2026 one of the priorities of the NSW Anti-slavery Commissioner, Dr James Cockayne, is to ensure that the NSW Government will pass the legislation necessary to regulate the labour hire companies who are bringing in workers from overseas. Examples of these industries involved are agriculture, construction, hospitality, food and beverage, private security, medical and aged care.

In his October 2025 media release Dr Cockayne stated that “People are being deceptively recruited, trapped in debt bondage, pushed into forced labour and trafficked, many of them by dodgy labour hire companies that operate much more easily in NSW than neighbouring states, because there is no licensing requirement here.” He has called for urgent, whole-of-government action in NSW to tackle modern slavery. A priority is closing a legal loophole that allows unlicensed labour hire firms to operate freely in NSW, unlike in Victoria and Queensland, where licensing schemes are already in place.

Due to loopholes in the legislation that was passed in Queensland and Victoria, the NSW Government is now trying to work through its own solution and ensure that loopholes are not maintained. It is hoped that effective regulations/legislation will be passed by the NSW Government by the middle of the 2026.

### **What can I do?**

- Please pray for people who are being trafficked, underpaid and forced into debt bondage in NSW and all of Australia, that they will receive justice and protection.
- We can write or email our local state politicians to ask for urgent action on the regulation of labour hire operators in NSW who are bringing in workers from overseas.
- If you suspect that someone is the victim of human trafficking or modern slavery you can report it to the following organisations, please do not intervene personally for safety reasons:
  1. The Australia Federal Police (AFP) by phone on 131 237 (131AFP)
  2. The Australian Anti-Slavery Commissioner's Office <https://www.antislaverycommissioner.gov.au/find-help-and-support/report-suspected-modern-slavery> or
  3. The Office of the NSW Anti-slavery Commissioner <https://dcj.nsw.gov.au/legal-and-justice/our-commissioners/anti-slavery-commissioner.htm>

*Blessings,  
Alexander  
Social Action Missional Ministry Team (SAMMT)*

To ask about joining the Social Action Group at St Matthew's  
email Alexander on [alexander.lawless7@gmail.com](mailto:alexander.lawless7@gmail.com)

Our next meeting will be on Tuesday 17<sup>th</sup> February 2026 at 7pm in the Lower Church Hall



**1st Saturday of the month  
9am-12pm**

**Upcoming dates**

- **7 February**
- **7 March**
- **No Sale in April**

Pre-loved  
Household items,  
Electrical, Toys & Books  
(Fiction, Non-fiction & children's books)

St. Matthew's Lower hall



President of the Uniting Church: your past is your power



SPOTIFY



APPLE POD



YOUTUBE



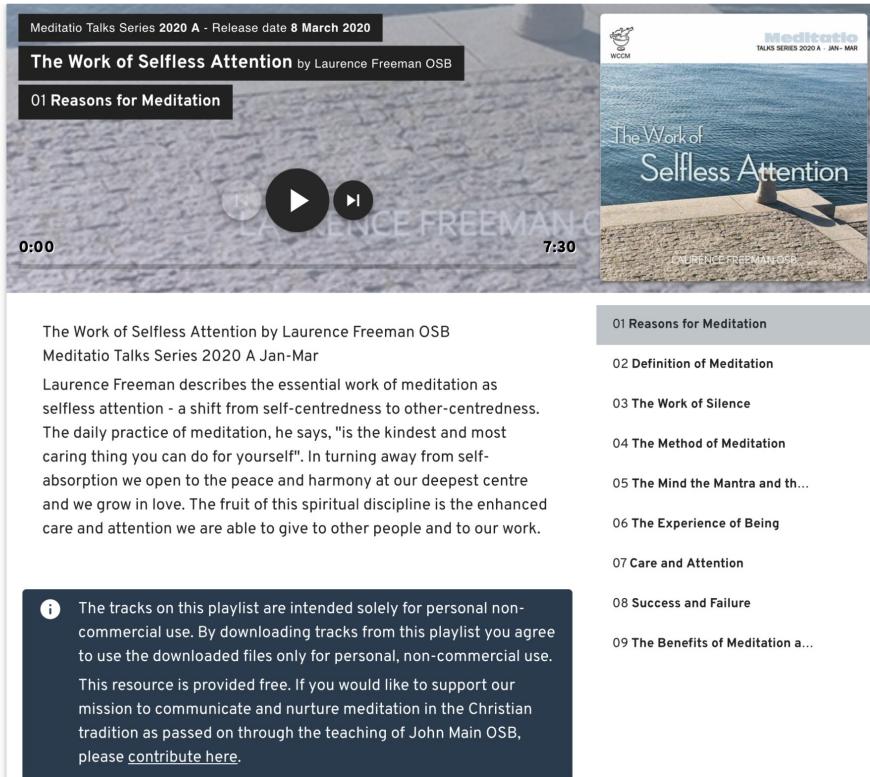
PODBEAN

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.

# “Christian Meditation is not what you think”



Meditatio Talks Series 2020 A - Release date 8 March 2020

The Work of Selfless Attention by Laurence Freeman OSB

01 Reasons for Meditation

0:00 7:30

The Work of Selfless Attention by Laurence Freeman OSB  
Meditatio Talks Series 2020 A Jan-Mar

Laurence Freeman describes the essential work of meditation as selfless attention - a shift from self-centredness to other-centredness. The daily practice of meditation, he says, "is the kindest and most caring thing you can do for yourself". In turning away from self-absorption we open to the peace and harmony at our deepest centre and we grow in love. The fruit of this spiritual discipline is the enhanced care and attention we are able to give to other people and to our work.

**i** The tracks on this playlist are intended solely for personal non-commercial use. By downloading tracks from this playlist you agree to use the downloaded files only for personal, non-commercial use. This resource is provided free. If you would like to support our mission to communicate and nurture meditation in the Christian tradition as passed on through the teaching of John Main OSB, please [contribute here](#).

01 Reasons for Meditation  
02 Definition of Meditation  
03 The Work of Silence  
04 The Method of Meditation  
05 The Mind the Mantra and th...  
06 The Experience of Being  
07 Care and Attention  
08 Success and Failure  
09 The Benefits of Meditation a...



Titles of talks we  
will be  
listening to at  
both weekly  
sessions.

An invitation to everyone to come and taste and experience for themselves that

**“Christian Meditation is not what you think”.**

The talks will begin on  
Monday 5th and Tuesday 6 January 2026 at the church during our  
normal meditation times.

Contact Katherine Pedersen  
kathped56@gmail.com 0437 772 011



**\$110 / PLAYER  
ACTIVE KIDS VOUCHERS WELCOME!**



## PLAY NETBALL IN THE HILLS!

## JOIN ST MATTHEW'S NETBALL CLUB

- We prioritise a fun, social game to develop your skills or have a weekend run around!
- Completely ungraded - play with friends!
- All ages from Pre Kindergarten - Opens
- Saturday afternoon competition - no early mornings!



**REGISTRATIONS OPEN NOW UNTIL**

**FEB 7 2026**

 **GOODEN RESERVE BAULKHAM HILLS**



Go to [www.stmatthewsnetballclub.com](http://www.stmatthewsnetballclub.com) to complete your registration.

For enquiries please email [stmatthewsnetballclub@hotmail.com](mailto:stmatthewsnetballclub@hotmail.com)