



st. matthew's
UNITING CHURCH
BAULKHAM HILLS
growing together

Weekly Newsletter

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

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

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



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 : lynns@nswact.uca.org.au

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

Email: helen.olley@optusnet.com.au

LOCATION:

CNR CHARLES & EDGAR STREETS
BAULKHAM HILLS

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Weekly newsletter available on website

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PRESCHOOL DIRECTOR 9639 8570

SONALI WANIGESEKERA

PO BOX 321 BAULKHAM HILLS 2153

EMAIL: director@stmatthewsps.net.au

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 phrase 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 what is 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

**HAPPY
BIRTHDAY**



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



Found

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

Thanks

Lynn

**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.**

UNITED CHURCH OF AUSTRALIA
BAULKHAM HILLS



**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
Our next meeting will be on Tuesday 17th 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



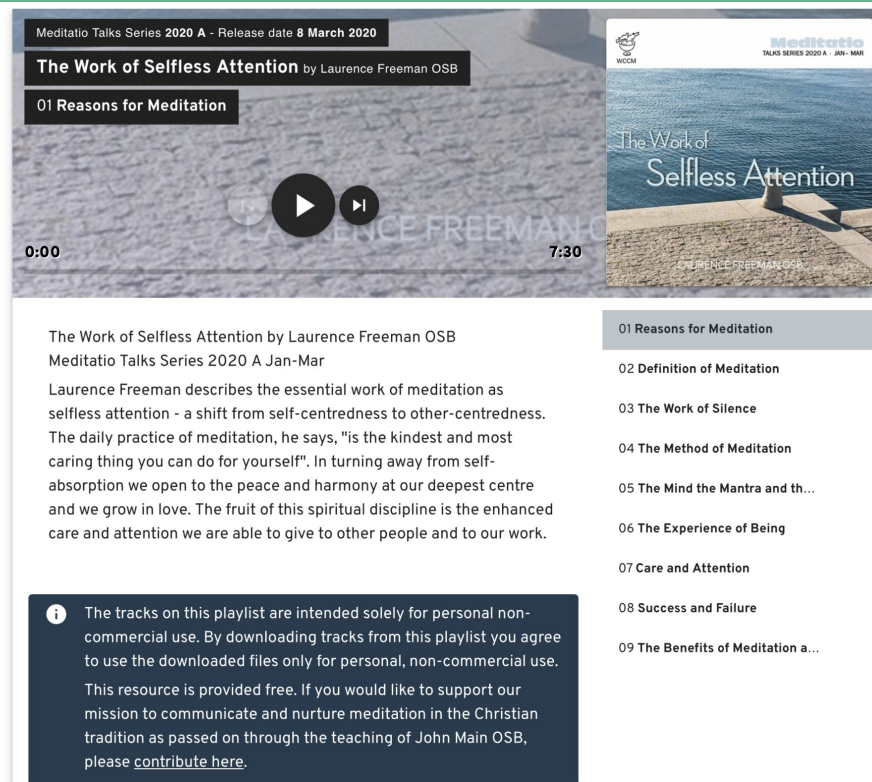
PODBEAN

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

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

“Christian Meditation is not what you think”



The screenshot shows a video player interface. At the top, it says 'Meditatio Talks Series 2020 A - Release date 8 March 2020'. The video title is 'The Work of Selfless Attention by Laurence Freeman OSB'. Below the title, it says '01 Reasons for Meditation'. The video player shows a play button and a progress bar from 0:00 to 7:30. To the right of the video player is a playlist titled '01 Reasons for Meditation'. The playlist contains the following items: 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, and 09 The Benefits of Meditation a... At the bottom of the screenshot, there is a dark blue box with white text that reads: '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](#).'



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



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 RESERCE BAULKHAM HILLS**

\$110 / PLAYER
ACTIVE KIDS VOUCHERS WELCOME!



Go to www.stmatthewsnetballclub.com to complete your registration.

For enquiries please email stmatthewsnetballclub@hotmail.com