



8 February 2026

Epiphany 5

Bible Readings

1 Corinthians 2 1-12
Matthew 5: 13-20



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



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 9 FEBRUARY

7.30pm—Christian Meditation
9am—sorting and pricing for Op Shop & Garage sale lower hall

TUESDAY 10 FEBRUARY

Church office re-opens
9am-2pm—Op Shop
9.30am-11am—Christian Meditation
community room and church

WEDNESDAY 11 FEBRUARY

9am-2pm—Op Shop
10am-12pm—In Stitches
Upstairs hall (moved from 18 Feb)
7.30pm—Church Council Exec meeting

THURSDAY 12 FEBRUARY

9am-2pm—Op Shop

FRIDAY 13 FEBRUARY
No Scheduled activities

SATURDAY 14 FEBRUARY

No Scheduled activities
lower hall

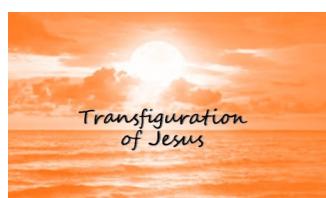
**SUNDAY
15 FEBRUARY**

8am—Worship

9.30am—Worship

Followed by morning tea
KUCA—Preschool,
Years K-2 & Years 3-8

6.45pm—Worship



8am—Worship

Led by Jon Humphries

9am—Worship @ the Willows

9.30am—Worship

Led by Jon Humphries

KUCA

Preschool, Years K-2 & Years 3-8

followed by Morning Tea

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 : lynns@nswact.uca.org.au
CHURCH OFFICE HOURS 8AM-2.30PM

TUESDAY, WEDNESDAY, THURSDAY

OFFICE : 9639 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

POSTAL ADDRESS:

BAULKHAM HILLS UNITING CHURCH
PO Box 773 BULKHAM HILLS 1755

WEB SITE: www.stmatthewsuniting.net.au
Weekly newsletter available on website

FACEBOOK:

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

PRESCHOOL DIRECTOR 9639 8570

SONALI WANIGESEKERA
PO Box 321 BULKHAM HILLS 2153

EMAIL: director@stmatthewsps.net.au

Something to think about

8 February

5th SUNDAY AFTER EPIPHANY

Revised Common Lectionary Readings:

Exodus 24:12-18

Psalm 2

2 Peter 1:16-21

Matthew 17:1-9

Practising Discomfort

Discomfort is not a comfortable subject to talk about. Yet, discomfort is a powerful reality in life and a necessary practice if we are to truly flourish. Discomfort is part of most healthy aspects of living. When we exercise, when we learn, when we work, when we grow, when we are in relationship: all of these aspects of life involve some degree of discomfort and involve us accepting it. To truly live a healthy life then we need to practise discomfort as part of discipline in living well.

Think about all the ways of wellness and how they involve discomfort. Exercise, physiotherapy, dieting, going to the gym: they all involve voluntary discomfort in order to achieve gains. Work by nature involves a level of discomfort, certainly more than sedentary recreation activities. Thinking and solving problems require effort and discomfort. The achievement of big gritty goals involves an element of discomfort. Most things in life that have worth in terms of our health, wellbeing, and

flourishing involve discomfort.

As Christians we should expect discomfort. After all we claim to follow Jesus on 'The Way of the Cross.' Jesus called people to leave family and riches etc. and come and follow the one who "has no place to lay his head." [Matthew 8: 20 & Luke 9:58]. We are called to grow and enter into metanoia, that radical transformation of mind, heart and being which is rarely comfortable. Most of all, we are called to join God in the work of bringing in the Kingdom which is the mission and work of God. Then we are to lay down our lives as Christ laid down his life [1 John 3:16], turn the other cheek and walk the extra mile in peaceful provocation against injustice [Matthew 5:39 & Matthew 5:41], give to all who ask with no expectation of return [Matthew 5:42] and take on the yoke of Christ [Matthew 11:30]. Finally, we are called to love our neighbour as we love God and ourselves [Matthew 22:39, Mark 12:31, and Leviticus 19:18] love our enemy [Matthew 5:44 & Luke 6:27], and to feed the hungry and help those in trouble [Isaiah 58:10] as well as slaking the thirsty, welcome the stranger clothe the needy, and care for and visit the sick and those in [Matthew 25:31-40] all of these actions involve discomfort.

Having trained for Kung Fu, Karate, the Army Reserve, done the HSC, two degrees and a diploma, done formation for ministry and other things, all of these involve submitting oneself to voluntary discomfort as part of the discipline of training and learning. When I go Kayaking, which I enjoy, then there is discipline of paddling, alongside of setting up and packing up and caring for my equipment. Have done home renovations there was effort both in the work, but also in the preparation, cleaning up, and care for tools etc. Most of the real stuff of life that has true value involves effort and effort usually means discomfort.

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Where Church seems to differ in many ways is that we are not often involved in the formation of people and the practice of discomfort. There is meditation and some level of discomfort in having to talk to people we find different to us, and of course there is the effort of coming to be Church and to persevere through Church services and sermons etc. However, for a religion and spirituality which is so founded on discomfort, we could be doing a lot more to train people to both expect and practise discomfort as part of our discipleship training so that we are strengthened and prepared to practise it as part of our living out our discipleship and ministry. We need to foster a mindset that sees discomfort as a positive thing, to be embraced, not just endured. It is an important aspect of our faith and discipleship, because it is a reality of life. If our religion is to have meaning and application in life in helpful ways then we should be practising discomfort so that we are more resilient and have the capacity and strength of will and character to be patient and positive in discomfort.

Discipleship = discipline = work = discomfort.

Church = community = Christ = ministry and service = work = discomfort

Christ = God = Love = Sacrifice = work = discomfort.

We are disciples of Christ, who is the incarnation of God, of God who is love, and we as the Church, the Body of Christ, and called to be an incarnation, embodiment and a living out of God's love. This requires effort, discipline and sacrifice. All

of which involve us accepting and taking on discomfort. May God grow us in our ability to be resilient and practised in discomfort.

So, in this season of After Epiphany which is a season of growth and living out our faith and discipleship in ministry in service to the mission of God, let us do some thinking and working on our discipline. Let us find spiritual practices and maybe mental and physical practices which help us build our strength of will, and our resilience in the face of hardship. There are so many ways we can practise voluntary discomfort. Let us think about what ones we might best take up and benefit from. Discomfort is something to definitely think about.

God bless

Jon

PEOPLE NEWS



Ron McIntosh

Katherine Pedersen

Lynn Samuel

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

Ecumenical Prayer Cycle

8—14 February

*Andorra, Italy, Malta, Portugal,
San Marino, Spain, Vatican City*



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

Upcoming dates

- **7 March**
- **No sale in April**
- **2 May**

Pre-loved

Household items,

Electrical, Toys & Books

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

St. Matthew's Lower hall

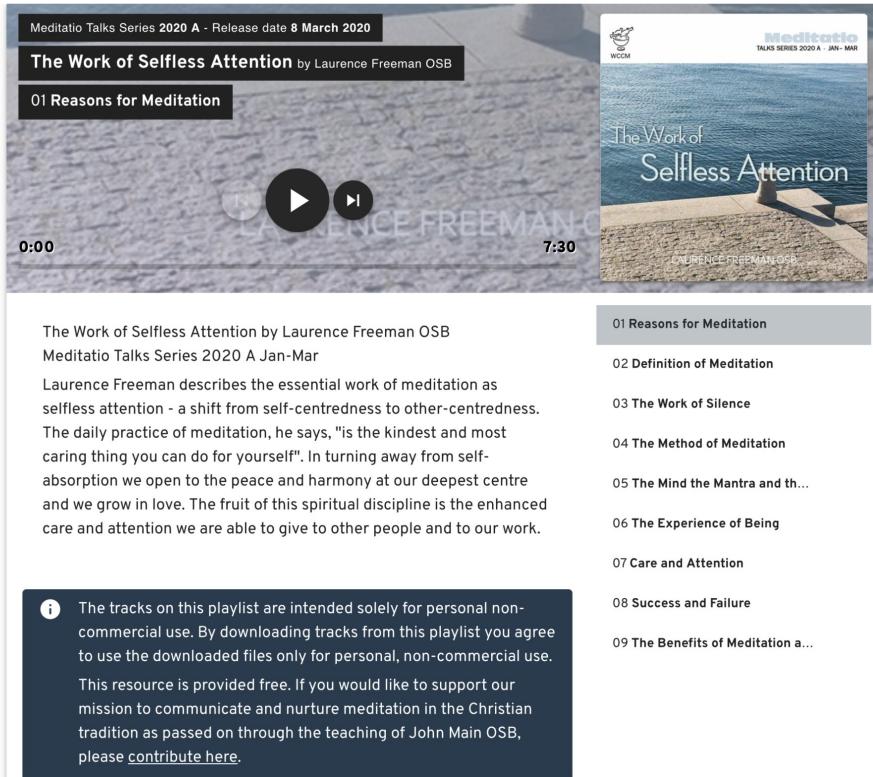


**World day of
Prayer
Friday 6 March
2026**

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

“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 to complete your registration.

For enquiries please email stmatthewsnetballclub@hotmail.com

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.