



8 February 2026

Epiphany 5

Bible Readings

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
7.30pm—Finance meeting

TUESDAY 10 FEBRUARY

9am-2pm—Op Shop
9.30am-11am—Christian Meditation
community room and church
3pm—World day of prayer planning meeting
In the 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

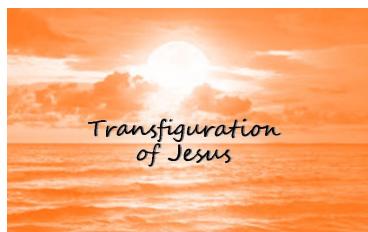
**SUNDAY
15 FEBRUARY**

8am—Worship

9.30am—Worship

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

6.45pm—Worship



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
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BAULKHAM HILLS

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

FACEBOOK:

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

PRESCHOOL DIRECTOR 9639 8570

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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.

Continued next page

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.

Sympathy to the family and friends of Eric Gronlund who passed away on Saturday 24 January.

A funeral service will be held on Monday 9 February at 12pm at Leura Memorial Gardens Crematorium

Ecumenical Prayer Cycle**8—14 February**

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

World day of Prayer**Friday 6 March****2026 @ 7.30pm**

St. Matthew's is hosting this year's World day of prayer event. Volunteers are needed to assist. If you would like to be part of the planning for this event our first planning meeting will be on Tuesday 10 February at 3pm at St. Matthew's. All Welcome.

Please contact Pamela Leslie on 0404 023 588

Garage

SALE

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

St Matthew's Social Action Missional Ministry Team

How doing little things makes a big difference.

Topic: Wayside Chapel & Valentines Day – sharing the love!

Wayside Chapel are proud to have been providing unconditional love, care and support for people on and around the streets of Sydney since 1964. Their doors are open seven days a week for all people regardless of their circumstances. Wayside Chapel operates centres in Potts Point (Kings Cross) and Bondi.

When people walk through the doors of Wayside Chapel, they're often in the middle of a crisis, facing homelessness, addiction, mental health challenges, or seeking connection. An average of 278 people each day turn to Wayside for help. Many of these people will be having the worst day of their life and something as simple as a hot shower, fresh pair of underwear, and cup of tea with someone who doesn't judge, can start to turn it around.

Wayside are asking this Valentine's Day for help to bring dignity, love and support to people who need it most by donating to their Valentines Day fundraiser. Wayside Chapel would like to raise \$270,000 by Valentines Day (14th February 2026) in order to share the love and help bring support to people experiencing homelessness by giving a gift that will outlast flowers and chocolates this Valentine's Day. A donation of \$32 can help to provide:

- Fresh underwear
- A hot shower
- A towel
- Shampoo & Conditioner
- Soap
- Toothbrush
- Toothpaste
- Shaver
- Female sanitary products

Plus the support and love that helps someone get back on their feet.

Link for this Wayside fundraiser: <https://donate.waysidechapel.org.au/event/valentines-day/>

*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



Galston Concerts



Sunday 22nd February @ 2pm

Galston Uniting Church, 11 School Road, Galston

Paris to Budapest: A Clarinet and Piano Musical Journey?

Kimberley Steele is a collaborative pianist, conductor, classroom teacher, and the Director of Voice at Radford College (Canberra). She graduated from the Liszt Academy of Music, with performance highlights including playing for Kodály's wife Sarolta in their family home, and memorising the formidable Dante Sonata by Liszt. At Sydney University she was recognised with a Geoffrey Parsons Scholarship, and at the Australian National University she won the Margaret Smiles Accompaniment Prize. She has been featured by the NSW Accompanists' Guild and Artsound Canberra, performed two concertos with the National Capital Orchestra, and accompanied tertiary performance students in Canberra for over a decade. Favourite artists to work with have included Alexander Knight (baritone), Anna Murakawa (violin) and her flagship ensemble the foray quintet. On June 21 she will return to the Galston stage with a vocal ensemble of Elegies.

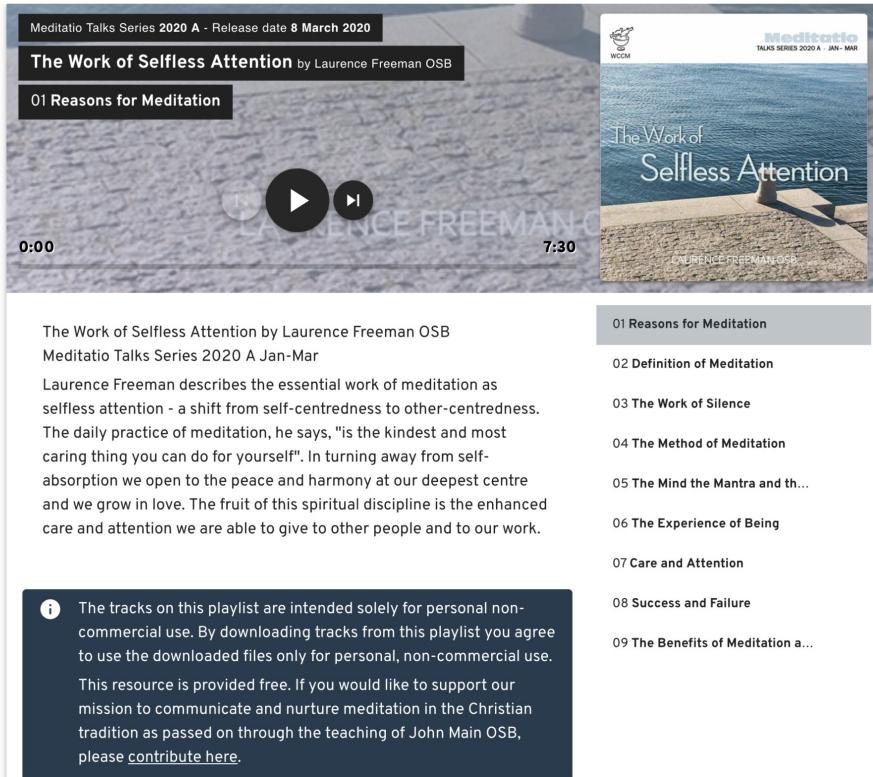


Milan Kolundzija has been playing and teaching as a clarinettist in Canberra for the past eight years. A graduate of the Australian National University's School of Music, Milan completed his classical clarinet studies with First Class Honours under the tutelage of Jason Noble (Ensemble Offspring), Alan Vivian (Australian Chamber Orchestra, Sydney Symphony Orchestra, Canberra Symphony Orchestra) and Dr Eloise Fisher (Tasmanian Symphony Orchestra). In 2022, he made his solo debut as one of the performers featured in the ANU Orchestra's Concerto Gala. In 2023, Milan was selected as an inaugural fellow of the Canberra Symphony Orchestra's Kingsland Fellowship. Milan has performed with a variety of ensembles in Canberra and Interstate including the Australian Brandenburg Orchestra and the Tasmanian Symphony Orchestra.

**\$40 adults; \$30 concession & children free
(Cash only at the door)**

Bookings: [Trybooking.com](https://trybooking.com)

“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.

Information:
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

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.

Cyril Serhiy Hovorun

Cyril Hovorun is one of the most celebrated of contemporary Ukrainian theologians; he stands inside the Orthodox tradition. His areas of expertise lie in ecclesiology, international relations and peacemaking, political and public theology and the relation of science to religion. He has presented lectures in many of the world's leading theological schools and universi-

ties. More than 500 pieces of his research and journalism have been published in 30 different languages. He is fluent in several languages.

Professor Hovorun is one of the most highly respected theologians on the Russian invasion of Ukraine. On account of his stances, Professor Hovorun was defrocked by the Patriarch of Moscow.



It is a great honour for the United Theological College to host two seminars by Professor Hovorun at the

Centre for Ministry
18 Masons Drive North Parramatta NSW 2151

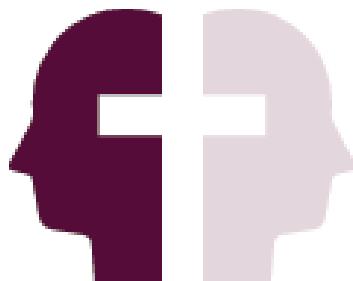
6 March 2026

1:30pm – 5:00pm

1:30 pm Orthodox political theologies

2:45 pm Refreshments

3:15 pm Putinism and Trumpism



Register via the link or QR code

nswactuca.eventair.com/cyril-serhiy-hovorun/reg



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