

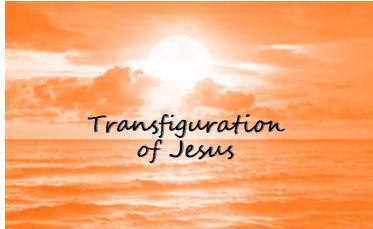


**15 February 2026**

**Transfiguration of Jesus**

**Bible Readings**

2 Peter 1: 16-21  
Matthew 17: 1-9



**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 16 FEBRUARY**

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

**TUESDAY 17 FEBRUARY**

9am-2pm—Op Shop  
9.30am-11am—Christian Meditation *community room and church*  
2.15pm—Op Shop volunteers meeting *In the church*  
7pm—SAMMT meeting *Lower hall*

**WEDNESDAY 18 FEBRUARY**

9am-2pm—Op Shop  
10am-12pm—Women's Fellowship *upstairs hall and church*  
10-12pm—Men's morning tea at McKel's cafe Bella Vista

**THURSDAY 19 FEBRUARY**

9am-2pm—Op Shop

**FRIDAY 20 FEBRUARY**

5-7pm—Fusion Youth Group “Sports Night”

**SATURDAY 21 FEBRUARY**

**No Scheduled activities**  
*lower hall*

**SUNDAY  
22 FEBRUARY**

**8am—Worship**  
Followed by morning tea

**9.30am—Worship**  
KUCA—Preschool, Years K-2 & Years 3-8

Followed by morning tea

**5pm—Shine Setup from 4pm**

**6.45pm—Worship**



**8am—Worship**

Led by Jon Humphries

**9.30am—Worship**

Led by Jon Humphries

**KUCA**

Preschool, Years K-2 & Years 3-8

followed by Morning Tea

**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)

**PRESCHOOL DIRECTOR** 9639 8570

**SONALI WANIGESEKERA**  
PO Box 321 BULKHAM HILLS 2153

**EMAIL:** [director@stmatthewsps.net.au](mailto:director@stmatthewsps.net.au)

# Something to think about

15 February

## Transfiguration Sunday: The Last Sunday Before Lent

### Revised Common Lectionary Readings:

Exodus 24:12-18  
Psalm 2  
2 Peter 1:16-21  
Matthew 17:1-9

### Christian Spirituality

What do you think of when you think of spirituality? How would you define it? What do you do to nurture your spirituality? Last Sunday the Elders Council/Ministry Team spent half a day after our morning church services thinking about this important aspect of faith and discipleship. We did this because the Uniting Church task elders are tasked with sharing with the Minister(s) in mission and in the pastoral care and spiritual oversight of the Congregation, and building up the Congregation in faith and love, sustaining members in hope, and leading the Congregation to a fuller participation in Christ's mission in the world.

#### What is Spirituality?

"Spirituality is a dynamic and intrinsic aspect of humanity through which persons seek ultimate meaning, purpose, and transcendence, and experience relationship to self, family, others, community, society, nature,

and the significant or sacred. Spirituality is expressed through beliefs, values, traditions, and practices." (This definition comes from 'Spiritual care in palliative care: Working towards an EAPC Task Force', in Puchalski, et al. 2014, p. 646) That is a fairly dense definition, but is essentially stating that spirituality is connection with that which is more than ourselves, with others and with that which helps us in finding meaning and purpose in life.

Healthy spirituality or spiritual wellbeing is having an evolving understanding of one's beliefs, values, spirituality and faith which resources a sense of connectedness, meaningfulness and purpose in life. It is about developing a sense of peace within oneself and a sense of one's ability to contribute to making oneself better and the world a better place through a range of practices and habits.

Christian spirituality and spiritual wellbeing are centred in connection with God who is constantly and consistently present as Holy Spirit with us and within us as individuals and as the Church. Christian spirituality is founded in our connection and relationship with God, who is creator, who we know as Christ and who we experience as Spirit. It is our transcendent connection with God which brings meaning and purpose to our lives. God is transcendent because God is beyond or above the range of normal or physical human experience. It is our relationship with God which helps shape our identity as we seek to love God and emulate God's love through seeking to embody it through our care and service of others and ourselves. discomfort.

Continued next page

Our spirituality is expressed in our living out of our call to be in relationship with others and to live out the love of God to them and with them. Our beliefs, values, traditions and practices guided and shaped by God – who is Spirit and who is Word which is very much revealed in Scripture, help shape our spirituality.

Christian spirituality and spiritual wellbeing are centred in connection and relationship with God who is constantly and consistently present at Holy Spirit with us and within us, as individuals and as the Church, and lived out in our expression and response to that relationship and connection.

In the tradition that we have received, spirituality is generally often referred to as such things like prayer, Bible reading, devotions and communal gatherings which we commonly refer to as 'worship services.' Sadly, often left on the wider fringe of our tradition and awareness are the more contemplative traditions and things such as meditation, contemplation, prayerful silence, fasting and retreat in solitude. I say "sadly" because, like the more commonly held spiritual practices, these are often equally about prayerfully listening for the Word of God and the call of God. These are by nature about being centred in relationship and connection with God. They are more intuitive and implicit than explicit. It is sad that such important and valuable aspects of faith like contemplation and meditation have become seen as strange and even viewed with suspicion in some Christian circles.

When we think about practising spirituality, of course it is related to such things as prayer and reading the Bible, meditation, contemplation, Church services etc, for these are valid and helpful ways to connect with God. However, whilst they are spiritual practices, they are not in or of themselves a practising of our spirituality. They are more accurately to be considered as conduits or tools or

exercises to build up our spirituality rather than the actual practise of spirituality for us. Spirituality is practising and manifesting the presence of God, who is Holy Spirit in us. It is not so much about just doing spiritual practices. There is a difference in the practise of spirituality and spiritual practices. Separating spirituality from spiritual practices might seem to be being pedantic, but it is an important distinction. The practices are tools such as prayer, meditation and reflection which aid us in our spirituality. They are not in themselves what spirituality is. These practices help us in our spirituality by being ways that we can connect with God. They should then lead us to living as if connected with God.

How do we stay connected with God? How does that help us shine the light of God to the world? How do we practise the fruit of the Spirit [Galatians 5:22-23] so that others see that God is us and in themselves? How do the good work we do in God's name bring others to give glory to God? How does our spirituality, that is our connectedness with God, transfigure us in the sight of others? These are good questions to ponder and something to do some real thinking about.

*God bless*

*Jon*

**PEOPLE NEWS**

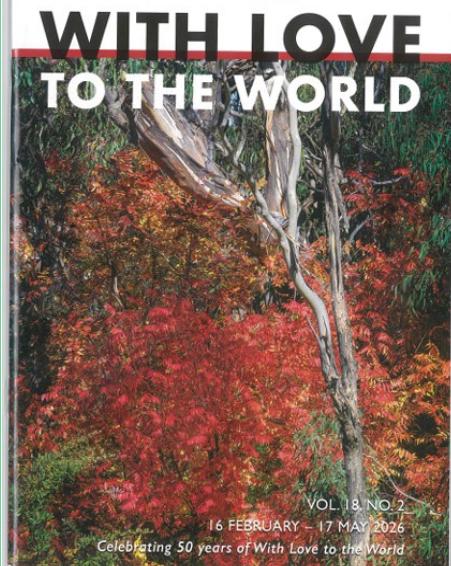
Hugh Darling  
Ben Mathewson  
Warren Arthur

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



LENT EASTER

## WITH LOVE TO THE WORLD



**Lent  
Easter**  
**WITH LOVE  
TO THE  
WORLD**

a daily Bible reading guide based on the Revised Common Lectionary

**Volume 18,  
Number 2**

**16 February  
To  
17 May 2026**

is available in the church foyer.

**Please place \$7 in offering bag to cover costs.**

## Ecumenical Prayer Cycle

15—21 February

*Austria, Liechtenstein, Switzerland*

## weekly **SYNOD SPOTLIGHT**

Uniting Church Synod of NSW and the ACT

Uniting Church Synod Spotlight Newsletter

**For ( 6 February 2025) please see link to Synod weekly:**

[Synod Weekly Spotlight 2026 - 6 February](#)



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

**St. Matthew's is hosting this year's World day of prayer event.**

**Focus Country: Nigeria**

**All Welcome**

## *Christmas bowl Thank you*

A great big thank you St. Matthew's for your generosity. As a congregation we gave \$2,284 in cash and cards in the Christmas Offering and to the person(s) in the White Hat. In addition individual donations to the St. Matthew's site on the Christmas Bowl site were \$1,085. And as well many gave direct to Christmas Bowl letters sent to them. It is great to know that we have forwarded more than the \$3,174 to help people caught up in terrible events of war, climate, and poverty throughout the world.

Thankyou

Ash  
Wednesday  
Short simple but  
meaningful service of  
Ash  
at St. Matthew's in the church  
18 February @ 7.30pm

## St Matthew's HAPPY HOUR! NEW TIME!

At NBC

166 Windsor Rd, Northmead

20  
MARCH

5:30 PM  
FRIDAY



COME AND SHARE IN SOME HAPPY  
CONVERSATION, A DRINK AND SOME FOOD  
WITH FRIENDS FROM ST MATTHEW'S.

RSVP to Belinda or just come along  
belinda.schuster0709@gmail.com



St. Matthew's  
UNITING CHURCH  
BAULKHAM HILLS  
growing together



## 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.

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.

# St Matthew's Social Action Missional Ministry Team

How doing little things makes a big difference.

How doing little things makes a big difference.

**Topic: Climate Change – a Christian perspective on climate advocacy**

<https://www.unitingclimate.org/>

## UCAN & The Online Community of Practice

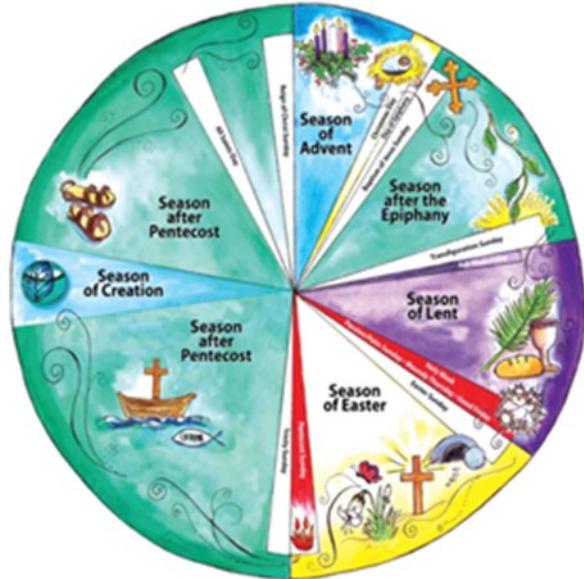
The Uniting Church has been committed to the well-being of the environment since its inception. That commitment stems from our belief that God is the Creator of the world in which we live and move and have our being. The Uniting Climate Action Network (UCAN) is continuing that heritage of grassroots environmental care and action.

UCAN will soon host the first Online Community of Practice (OCoP) for 2026 on Thursday 19 February from 7-8:30pm AEDT via Zoom. At their February online meeting they will be planning their advocacy for the year ahead and will be reflecting on two key questions:

What does it mean for us that Australia is no longer hosting COP31?

How can we plan our advocacy around the liturgical calendar - the natural rhythm of the church.

If you're interested and would like to be part of the OCoP gatherings in 2026, send an email to Uniting Advocacy so they can send you the link for the Zoom: [advocacy@uniting.org](mailto:advocacy@uniting.org)



## Vaka 2026 - Community organising in the Uniting Church, 25<sup>th</sup> to 27<sup>th</sup> February 2026

<https://www.ncca.org.au/vaka-2026/>

Vaka 2026 is hosted by the Synod of NSW & ACT, in partnership with Uniting NSW/ACT, the Assembly and the Industrial Areas Foundation Pacific. It will bring together Pasifika leaders, trained UCA organisers, Synod and Assembly representatives and agency staff. The goals are to:

- Strengthen national relationships across the Uniting Church family.
- Share stories of pressure and resilience from our communities.
- Learn from the history of organising in Australia and the UCA's role.
- Ground our shared action in Scripture, the Basis of Union, and Pasifika and First Peoples' traditions.
- Set national organising goals around climate and PALMS priorities.
- Celebrate and deepen the Uniting Church's commitment to community organising since 2008.

*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



# 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.

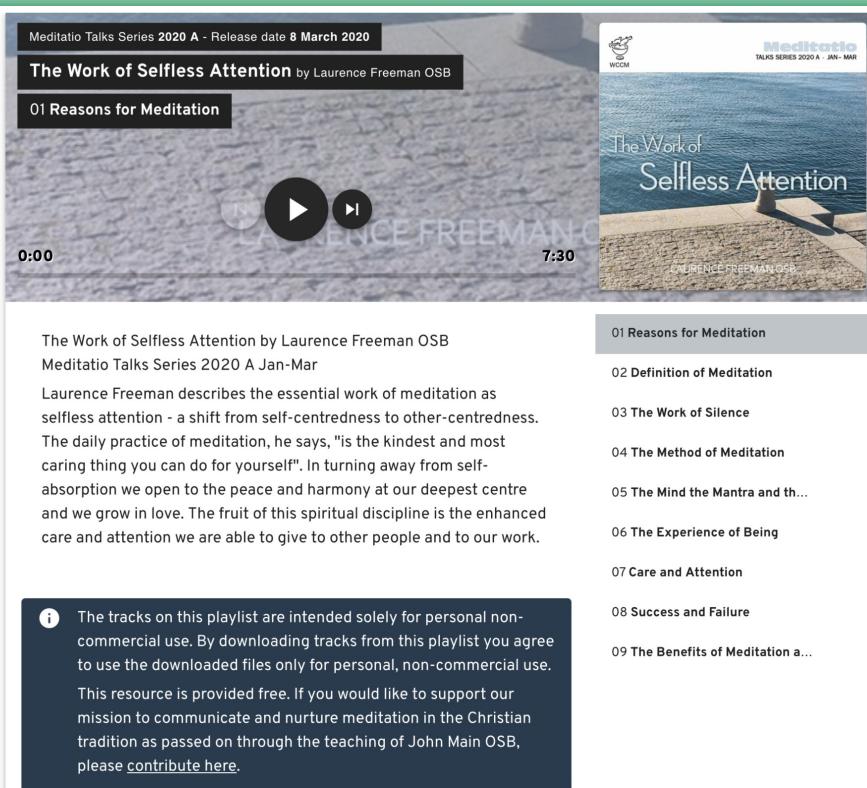


Milan Kolundzija has been playing and teaching as a clarinettist in Canberra for the past eight years. A graduate of the Australian National University's School of Music, Milan completed his classical clarinet studies with First Class Honours under the tutelage of Jason Noble (Ensemble Offspring), Alan 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

LAURENCE FREEMAN OSB

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