



st. matthew's
UNITING CHURCH
BAULKHAM HILLS
growing together

Weekly Newsletter

15 February 2026

Transfiguration of Jesus

Bible Readings

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



Response after Bible Readings

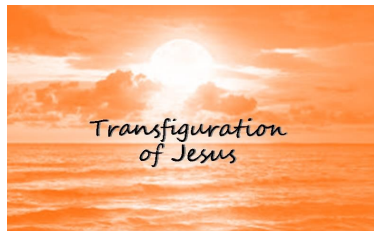
Leader: In this we hear the word of God

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

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

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 café 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



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

POSTAL ADDRESS:

BAULKHAM HILLS UNITING CHURCH
PO BOX 773 BAULKHAM HILLS 1755

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

FACEBOOK:

@stmatthewsunitingchurchbaulkhamhills

PRE-SCHOOL DIRECTOR 9639 8570

SONALI WANIGESEKERA
PO BOX 321 BAULKHAM HILLS 2153

EMAIL: 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



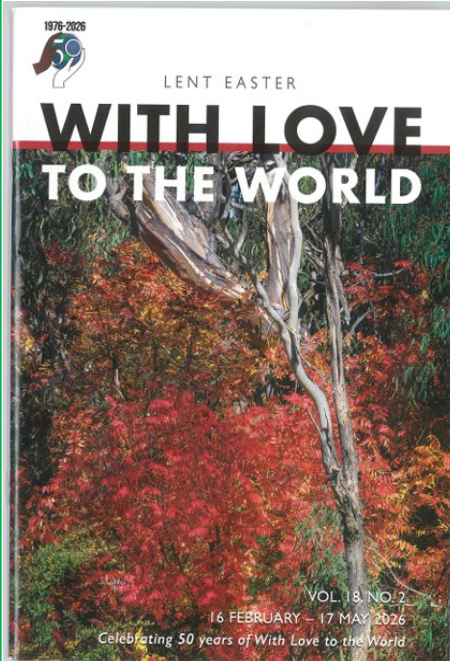
Hugh Darling
Ben Mathewson
Warren Arthur

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

Ecumenical Prayer Cycle

15—21 February

Austria, Liechtenstein, Switzerland



**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.**

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
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



Vaka 2026 - Community organising in the Uniting Church, 25th to 27th 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

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.

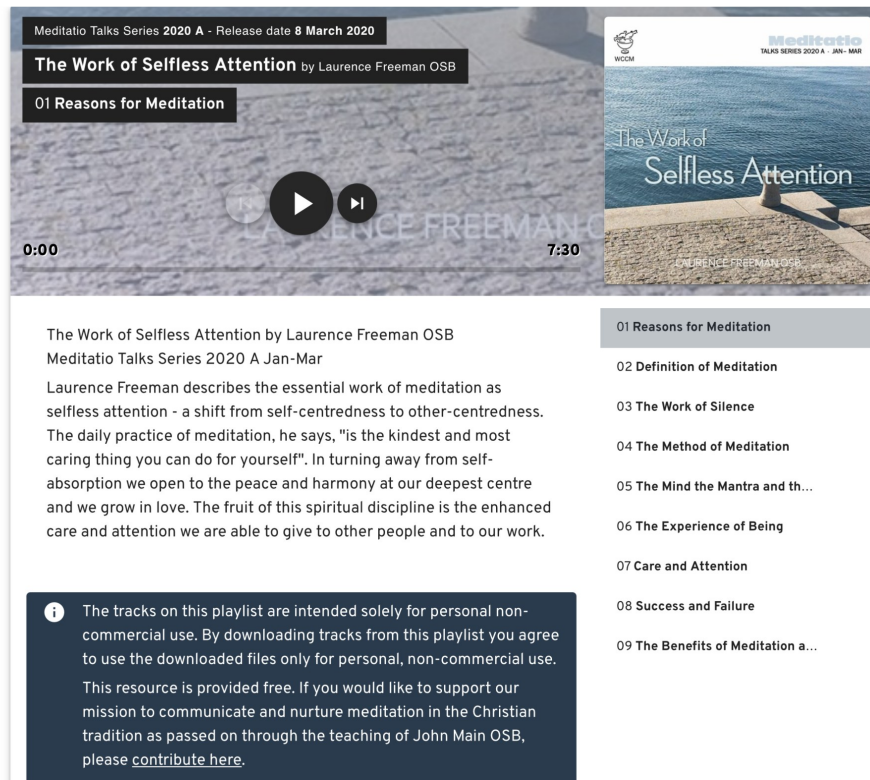


Milan Kolundzija has been playing and teaching as a clarinetist in Canberra for the past eight years. A graduate of the Australian National University's School of Music, Milan completed his classical clarinet studies with First Class Honours under the tutelage of Jason Noble (Ensemble Offspring), Alan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



The screenshot shows a video player interface. The video title is "The Work of Selfless Attention" by Laurence Freeman OSB, part of the "Meditatio Talks Series 2020 A - Release date 8 March 2020". The video is titled "01 Reasons for Meditation" and has a duration of 7:30. Below the video player, there is a description of the work of meditation as selfless attention, a shift from self-centredness to other-centredness. To the right of the description is a playlist titled "01 Reasons for Meditation" with 9 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 left, there is a disclaimer: "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