



**Bible Readings**

John 3:1-17



**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**

*Includes communion*  
 Led by Jon Humphries  
 followed by Morning Tea

**9.30am—Worship**

*Includes communion*  
 Led by Jon Humphries  
 KUCA Preschool, Years K-2 & Years 3-8  
 followed by Morning Tea

**6.45pm—Worship**

*Includes communion*  
 Led by Jon Humphries

Thank you for worshipping with us today.

**What's happening this week at St. Matthew's**

**MONDAY 2 MARCH**

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

**TUESDAY 3 MARCH**

**9am-2pm—Op Shop**  
**9.30am-11am—Christian Meditation**  
 community room and church  
**11.30am—Care & Prayer**  
 community room and church  
**7.30pm—Lent Studies**  
*In the church & online via Zoom*

**WEDNESDAY 4 MARCH**

**9am-2pm—Op Shop**  
**10am-12pm—In Stitches**  
 Upstairs hall

**THURSDAY 5 MARCH**

**9am-2pm—Op Shop**  
**10am-12pm—Coffee & Discovery** hall & church

**FRIDAY 6 MARCH**

**5-7pm—Fusion Youth Group**

**SATURDAY 7 MARCH**

**9am-12pm—Op Shop**  
**9am-12pm—Garage sale**  
 lower hall

**SUNDAY 8 MARCH**

**8am—Worship**  
**9am—Worship @ the Willow's**  
**9.30am—Worship**  
 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 :** 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

## 1 March

### Lent 2

#### Revised Common Lectionary Readings:

Genesis 2:15-17; 3:1-7

Psalm 32

Romans 5:12-19

Matthew 4:1-11

### Mortification of the Flesh

We are in the season of Lent.

Lent is a 40-day solemn Christian liturgical season of prayer, fasting, and almsgiving, beginning on Ash Wednesday and ending before Easter. In Lent, many Christians commit to fasting, as well as giving up certain luxuries in imitation of Christ's sacrifice during his journey into the desert for 40 days; this is known as one's Lenten sacrifice. Prior to the 6th century, Lent was normatively observed through the practice of the Black Fast, which enjoins fasting from food and liquids, with the allowance of one vegetarian meal after sunset. This form of fasting continues in certain denominations, such as the Coptic Orthodox Church."

It is interesting to explore past practices and spiritual disciplines from our wider Christian tradition as well as those from other denominations and faith traditions within Christianity and beyond. These can help

widen and deepen our own spiritual practices. Lent is a time to let go of unhelpful things and take up new spiritual disciplines which through the period of the season of Lent might become spiritual habits for us.

In Roman Catholicism, mortification is the voluntary practice of self-denial, fasting, or, less commonly, physical austerity to "put to death" sin, curb disorderly passions, and grow in holiness. Rooted in Scripture (Romans 8:13, Matt 16:24), it aims to detach the soul from worldly comforts to unite more closely with Christ's suffering. "Mortification" originates from the Latin mortificatio ("a killing, a putting to death"), derived from mortificare ("to cause death, make dead"), which combines mors ("death") and -ficare (from facere, "to make or do"). Our flesh is our worldly selves. It picks up the teaching of Paul, "And those who belong to Christ[e] have crucified the flesh with its passions and desires." [Galatians 5: 24]

Paul teaches about the flesh in passages such as Galatians Chapter 5: 16-21. "Live by the Spirit, I say, and do not gratify the desires of the flesh. For what the flesh desires is opposed to the Spirit, and what the Spirit desires is opposed to the flesh, for these are opposed to each other, to prevent you from doing what you want. But if you are led by the Spirit, you are not subject to the law.

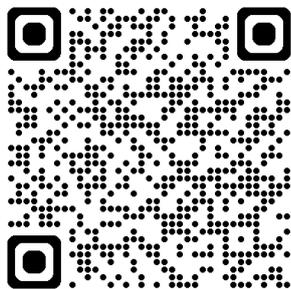
Now the works of the flesh are obvious: sexual immorality, impurity, debauchery, idolatry, sorcery, enmities, strife, jealousy, anger, quarrels, dissensions, factions, envy, drunkenness, carousing, and things like these. I am warning you, as I warned you before: those who do such things will not inherit the kingdom of God.” These stand in contrast to the Fruit of the Spirit. [Galatians 5: 22-23 When we live out the Fruit of the Spirit then we are in being our best spiritual selves.

**Watch this short video about what to give up for Lent**

(Watch it again even if you watched it as part of last week’s living liturgy)



Mother Angelica on what to give up for Lent



<https://www.youtube.com/shorts/s19gQtRIEH0>

So, if we are to take our faith and discipleship seriously, then we need to be intentional about how we work to grow and deepen them. Lent is a season which gives us a real opportunity to grow in this. It is like Jesus’s testing in the wilderness, where we can test and prepare for the rest of the year in ministry with God in God’s mission. These kinds of times should be part of the joyful work as the people of God. They should not be imposed or done out of just a sense of duty or guilt, but out of love for God. They are not easy. They are intentionally unpleasant to grow us in grit and resilience. So, it is OK for feel reluctant in wanting to take them on. Yet, what great things can happen when we submit to such disciplines.

Lenting then is a great work. Lent is not just a time to go about just following traditions or rules. It is a space in our calendar and part of the annual pattern of spiritual work we are encouraged to engage in as part of our faith, spirituality and discipleship. How might we practise discomfort in order to develop our grit and resilience in faith? How might we mortify our flesh in order to strengthen us in our spirituality and our discipleship? What Lent can be for us and how we can use it as a time for growth and development is something to really think about.

*God bless  
Jon*

PEOPLE NEWS

**HAPPY BIRTHDAY**



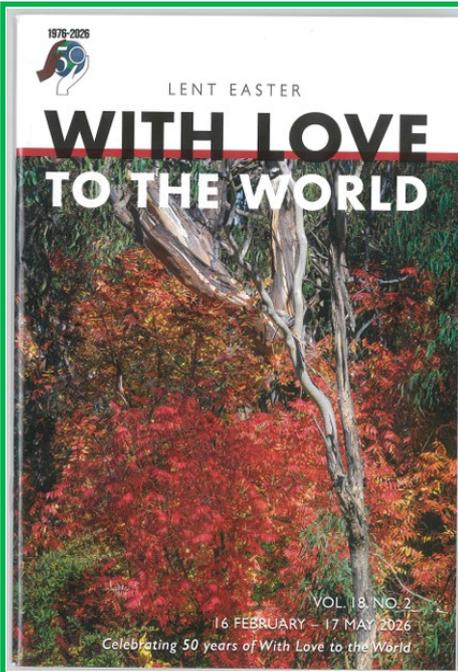
Margaret Benoit  
Warwick Hayes

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

## Ecumenical Prayer Cycle

1-7 March

*Belgium, Luxembourg, Netherlands*



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

[Synod Weekly Spotlight 2026 - 20 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



## 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](mailto:belinda.schuster0709@gmail.com)



**Lent Studies will take  
place  
EACH TUESDAY IN LENT  
7.30pm  
In person in the church  
space  
and online via Zoom**

**Tuesday 24  
February  
To  
Tuesday 31  
March**

Topic: 2026 St Matthew's Uniting Lenten Studies

Time: Feb 24, 2026 07:30 PM

Every week on Tue, 6 occurrence(s)

<https://uca-nswact.zoom.us/j/98002215746>

Meeting ID: 980 0221 5746

One tap mobile

+61871501149,,98002215746# Australia

+61280156011,,98002215746# Australia

Join by SIP

• [98002215746@zoomcrc.com](mailto:98002215746@zoomcrc.com)

Join instructions

[https://uca-nswact.zoom.us/meetings/98002215746/invitations?  
signature=8pWbv39wLUCWvOM7fPthgCNckTnA6iSAOR8KpCqNU3I](https://uca-nswact.zoom.us/meetings/98002215746/invitations?signature=8pWbv39wLUCWvOM7fPthgCNckTnA6iSAOR8KpCqNU3I)



**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 or find in recent posts.**

# Combined MORNING TEA

## 9AM



22  
MARCH  
2026



PLEASE TELL SARA IF YOU CAN  
BRING SOMETHING TO SHARE

## Micah Women's Network Dinner

**Date & time:** 27th March 2026 starting at 7pm

**Cost:** \$30 each, tables can be booked for groups.

**Location:** Northside Community Church, Crows Nest

**Getting there:** there is car parking at the church and the church is a 4 minute walk from the Crows Nest Metro.

**Keynote speakers:**

1. **Asuntha Charles**, the Humanitarian Response Director at World Vision
2. **Tim Costello**, Chief Executive Officer and Chief Advocate of World Vision Australia

*Micah Womens Network equips women through connection, training, and advocacy to engage churches and to meet with Federal MPs to help shape a more just world.*

<https://www.micahaustralia.org/take-action/micah-womens-network/>

**To book tickets:** ask Amanda to send you the email link



# Church Working Bee

It is nearing Easter so it is time to carry out the working bee to make the property sparkle. We only have a couple of working bees each year so if you can afford to give a few hours the Property Committee would appreciate your help. Mark your diary on

**Saturday 28th March**  
**from 8.00 am to 11.30 pm**

We will be cleaning windows, church seats, Furniture in the church, clean tops and inside of cupboards, clean fans and more if we have the time and the manpower.

If you prefer to garden this is your opportunity.

Remember many hands make light work. 🍷 🍷 🍷 🍷 🍷 🍷



**A LENTEN INVITATION**  
from President Rev Charissa Suli



[https://  
uniting.church/2026-  
lenten-invitation/](https://uniting.church/2026-lenten-invitation/)

# *St Matthew's Social Action Missional Ministry Team*

How doing little things makes a big difference.

## **Topic: Climate - Extreme Heat Events – helping our community to be prepared**

Extreme heat can strain your body, disrupt daily routines, and increase health risks - especially for older people, young children, people with medical conditions, and pets.

### **The NSW Department of Health advice about extreme heat events**

Check for heatwave warnings in your area at NSW Ambulance heatwave warnings <https://www.ambulance.nsw.gov.au/in-the-community/warnings>

If it is hot, take steps to keep cool and hydrated and look out for others.

If you, or someone you know, has signs or symptoms of heat-related illness, seek medical help.

Call HealthDirect on 1800 022 222 for free instant health advice anytime, anywhere.

Call Triple Zero (000) if it's a life-threatening emergency.

Link to website: <https://www.health.nsw.gov.au/environment/beattheheat/Pages/default.aspx>

### **The Australian Red Cross - Pack a Cool Kit**

<https://www.redcross.org.au/globalassets/cms/emergency-services/heatwaves/cool-kit-packing-checklist.pdf>

Preparing a Cool Kit ensures you have the essentials to keep comfortable and safe through heatwaves and will mean that when extreme heat hits, you already have the essentials at hand. Bearing in mind that there can be power outages in times of extreme heat, include the following essentials in your Cool Kit:

- ◇ Insulated cooler bag with an ice pack
- ◇ Water and electrolytes
- ◇ First Aid Kit
- ◇ Medications (ensure you have enough for the expected duration of the heat event. Store medications in a cool place)
- ◇ Fan and spray bottle
- ◇ Cooling towel
- ◇ Mobile phone charger and power banks
- ◇ Torch

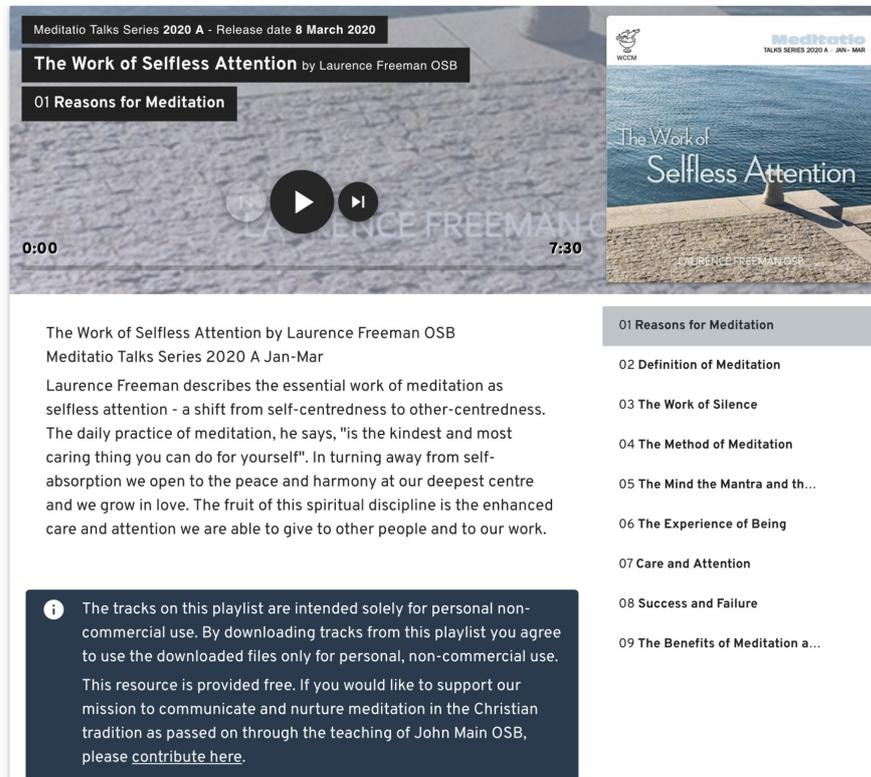
Plus your **RediPlan** <https://www.redcross.org.au/globalassets/cms/downloads/pdfs/disaster-plan/easy-english-rediplan-accessible.pdf>

Also don't forget during extreme heat events to check in with people you know, who may not have access to air conditioning and those you know who live on their own.

*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 21<sup>st</sup> April 2026 at 7pm in the Lower Church Hall

# “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.

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