



Bible Readings

Genesis 24: 34-38 & 24: 42-48
 Psalm 45: 10-17
 Matthew 11: 16-19, 25-30
 Romans 7: 15-25a



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 Mike Strong and Thomas Smith

9.30am—Worship
 Includes Communion
 Led by Sara Wienand and Albert Olley
 Followed by morning tea

KUCA in recess for school holidays

6.45pm—Worship
 Led by Jane Cole

Thank you for worshipping with us today.

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

MONDAY 6 JULY

9am-garage sale sorting & pricing
 lower hall

7.30pm—Christian Meditation

TUESDAY 7 JULY

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

11.30am—Care & Prayer
 community room and church

WEDNESDAY 8 JULY

9am-2pm—Op Shop
10am-12pm—Women's Fellowship
 Upstairs hall & church

THURSDAY 9 JULY

9am-2pm—Op Shop

FRIDAY 10 JULY
No Scheduled Activities

SATURDAY 11 JULY

No Scheduled Activities

SUNDAY 12 JULY

8am—Worship
9am—Worship@ the Willow's
9.30am—Worship
 Followed by morning tea

KUCA in Recess for school holidays

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

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SONALI WANIGESEKERA
 PO BOX 321 BAULKHAM HILLS 2153

EMAIL: director@stmatthewsps.net.au

Something to think about

5 July

Pentecost 6

Revised Common Lectionary Readings:

Genesis 22:1-14

Psalm 13

Romans 6:12-23

Matthew 10:40-42

What To Do With Fear, Worry & Anxiety

We wouldn't be like most people if we did not experience fear, worry and anxiousness at some time in our lives. Some of us sadly experience this trio too often and too deeply. Jesus told people not to be worried and encouragement about worrying is in other parts of Scripture. How do we go about doing this in faith?

One of the most famous passages about worrying is in Matthew 6, where Jesus says not to worry about tomorrow, because tomorrow will worry about itself. He uses the example of birds and flowers to show that you're looked after by God, but it acknowledges our feeling. Another popular one is Philippians 4, which suggests that instead of being anxious, we should pray and focus on things that are true and lovely to find a sense of peace. There's also 1 Peter 5: 7, which encourages us to cast all our anxieties on God because he cares for us. Any of us who has experienced fear, worry and anxiousness (or worse anxiety) knows that it is easier said than done to be told not to worry.

Worry has its place in our lives. Sometimes it is helpful or protective. It is a passenger of the bus of our journeying through life, but it is important to remember that it is not allowed to steer or drive our bus. Proverbs 12:25 says, "Anxiety in a man's heart weighs him down, but a good word makes him glad." Joshua 1:9, "Be strong and courageous. Do not be frightened, and do not be dismayed, for the Lord your God is with you wherever you go." This is a powerful reminder that God's presence can be an antidote to fear. Isaiah 41:10 is a classic: "Fear not, for I am with you; be not dismayed, for I am your God; I will strengthen you, I will help you." Yet, the reality is that we need the spiritual and mental disciplines which we practise into being good habits that help us in not worrying. God helps those who help themselves after all.

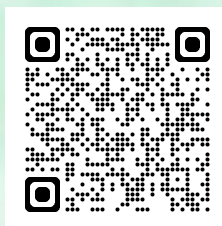
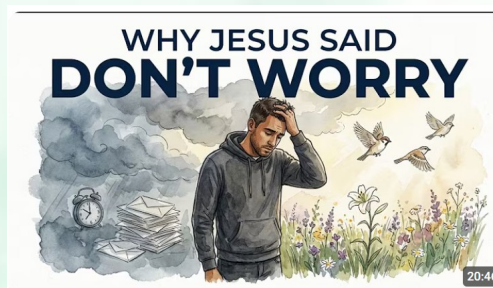
Fear and worry are definitely close cousins, and worry has its sibling anxiety. They are related but they usually play different roles in our heads. Fear is often that immediate, intense reaction to something happening right now like when we're driving and someone suddenly slams on their brakes. It's our body's "fight or flight" mode kicking in. Worry, on the other hand, is more of a mental loop about things that might happen in the future. It's less of a physical jolt and more of a persistent thought process. It's like a chain reaction. Fear is the spark, and worry is the smoke that sticks around.

Basically, fear is our brain's way of saying "Watch out," and worry is our brain trying to figure out how to avoid that "Watch out" moment before it even arrives. All of these emotions and thoughts can be exhausting because our mind stays in high gear even when we're just cruising along. However, fear and worry are also very much connected ideas and emotions. Worry is often the mental "what-if" game we play when we're afraid of a future outcome.

Worrying can definitely feel like a heavy passenger to have on the bus of our life with us. But there are things that we can do and strategies that we can use to help them sit back down in their proper place. One helpful strategy is the "Worry Window," where we set aside time later in a day (10-15 minutes) to think about our concerns. This means that we don't have to worry about them until then. Usually by the time we get to a scheduled time for worrying, they often don't seem as intense, or our brains may have already come up with solutions to problems which mean that we have less to worry about. Something that is a bit similar is "Scheduled Problem Solving." Instead of letting a worry loop in our head, we write down the specific problem and one tiny next step we can take. It helps shift our brain from panic mode into action mode.

A further effective way to deal with worry is the "Circle of Control" exercise. When a worry pops up, ask yourself if it's something you can actually take action on right now. If it is, like needing to make a phone call, you can plan to do that. If it's something totally out of your hands, like the weather or other people's reactions, you acknowledge it and try to let it go because your energy is better spent elsewhere. A final strategy is practicing "grounding," which means naming a few things we see or hear right now to bring our focus back to the present moment. It is a form of distraction and makes use of the reality that our brains can only actually handle one task at a time. When Paul writes in Philippians 4:6-7, "Do not be anxious about anything, but in every situation, by prayer and petition, with thanksgiving, present your requests to God." It is a form of grounding or a way of using God and spirituality as Circle of Control.

If you would like to learn more, here is a video which might be worth watching.



Fear of the Future: Why Jesus Said Don't Worry About Tomorrow

<https://www.youtube.com/watch?v=-PFrpV3UVgo>

There is a well-known story often attributed to the Cherokee tradition. An elder is teaching his grandson about life and says there is a fight going on inside of him between two wolves. One wolf represents things like anxiety, anger, and regret. The other wolf represents hope, joy, and peace. When the grandson asks, "Which wolf wins the fight?" The elder simply replies, "The one you feed."

When Jesus says not to be worried, it is not about never feeling worried. It is about which wolf we feed and whether we let worried, fearful and anxious thinking steer our lives. We will have fear. We will feel worried. We are likely to feel anxious. What is important to think about is how we will cope and what strategies we will use, especially those linked to faith and spirituality. How we work to not let worry and fear be our being is something to think about but not worry about.

God bless.

Jon

PEOPLE NEWS



Julie Kolosowski
Kathryn Longmuir
Jeff Cuff

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

Thank you

Thank you to everyone who attended the Floral workshop on Saturday 27 June. 24 ladies created a fresh arrangement to take home to enjoy.

Thank you to those who assisted to make the morning a success –Shamali, Sandra D, Gary, Margaret S, Amanda, Vivienne & Lynn.

Peace,
Katherine Pedersen

Ecumenical Prayer Cycle

5-11 July

Sudan, South Sudan, Uganda



Uniting Church Synod Spotlight Newsletter

For (26 June 2026) please see link to Synod weekly:

["No One Wants to Be Saved. Everybody Wants to Belong"](#)

St Matthew's

HAPPY HOUR!

At Baulkham Hills

Sports Club

11 Renown Rd, Baulkham Hills

21 | **5:30 PM**
AUGUST | **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



Please pick up the latest **insights** Magazine for Winter 2026 From the church foyer

News from Friends of the Middle East

The Friends of the Middle East (FME) are members of the Uniting Church in Australia who share an interest in nourishing the relationship between the Uniting Church and churches in the Middle East.



FME are currently providing support to the Near East School of Theology (NEST). NEST is an interconfessional Protestant Seminary serving the evangelical churches of the Middle East. The primary purpose of the School is to train pastors and church workers for ministry in the churches and other evangelical organizations in the Middle East. It is also concerned with continuing education for pastors and church workers in active service and with theological education of the laity.

The Uniting Church and FME have been working with the synod's Disaster Recovery Chaplain, Rev Stephen Robinson, who will lead a 3 day, online, summer education program for graduates of the Near East School of Theology on 'trauma care' and the care of the self in a time of trauma. NEST was unable to run its own onsite summer school due to the conflict. The graduates are in positions of ministry in Lebanon, Jordan, Palestine, Syria, Armenia and Dubai.

[FME are currently supporting fundraising for NEST](#) that will allow them to pay for the eBooks required by their students who are working remotely due to current conditions in Beirut.

How Can We Help?

Earlier this year at St Matthews we asked if people, if they were able, to consider contributing to the cost of the eBooks that are used for distance learning at NEST. The fundraising for this is ongoing. Please email library@nswact.uca.org.au with the subject 'NEST' for details of how to donate specifically to the eBooks, please don't use the FME website. Donations of over \$20 will attract a tax deduction.

Also please pray for the faculty and students of the Near East School of Theology, as well as the churches and people in the Middle East.

In the midst of so much upheaval where we can do so little, this is one thing we can do – to make a difference. It is much appreciated.

*Blessings,
Clive Pearson & Amanda Manson*

Friends of the Middle East

**Re: E-books for the
Near East School of Theology
(NEST) in Beirut.**

If you would like to consider offering some financial assistance, **please email: library@nswact.uca.org.au with the subject 'NEST'.**

Every donation counts.
***Donations of over \$20
will attract a tax deduction.***

The only way to donate specifically to the e-books is directly via the library as shown above and not via the FME website.



St Matthew's Social Action Missional Ministry Team

How doing little things makes a big difference.

Topic: Climate, Water & Energy Usage – Using AI responsibly

From an article published by online news 'The Conversation' 17, June 2026

'Your AI habit is wasting precious resources. Here's how to use it responsibly.' By Misha Ketchell

If someone used a large truck to deliver one envelope across the street, what would your reaction be? You would probably say it worked, but it was wasteful. The envelope arrived, but the method made little sense. In many ways, this mirrors how we often use artificial intelligence (AI) today.

We use powerful AI systems such as ChatGPT to write short messages, polish simple sentences, and answer questions we could handle ourselves with less intensive tools. The outcome is the same. But under the hood, the differences in processing, electricity, and water use are enormous.

One small request will not change the planet. But millions of small and unnecessary requests can add up over time. The question is not whether AI is good or bad. The better question is whether we are using the right amount of AI for the right task.

AI is often described as living in "the cloud". This makes it sound light, clean, and almost magical. But the cloud is not really a cloud. More precisely, it is a large network of data centres filled with servers, chips, cables and cooling systems.

Data centres can create significant carbon emissions. They also take up large tracts of land, put pressure on electricity grids and water supplies, and generate electronic waste.

How to use AI more sensibly

This makes it important to consider how we can use AI more sensibly – and sustainably.

- ◆ First, choose the right tool for the task.
- ◆ Second, write clearer prompts.
- ◆ Third, ask only for what you need.
- ◆ Fourth, be more careful with images, audio, video and other media files. These typically require more computing power than texts.

Large organisations have an even bigger responsibility. They should not add AI to every product just because it is fashionable. Before adopting AI, they should ask: what problem are we solving? Is AI really needed? If it is, can we use a smaller model?

Link to whole article: <https://theconversation.com/your-ai-habit-is-wasting-precious-resources-heres-how-to-use-it-responsibly-285065>

*Blessings,
Alexander*

Social Action Ministry Team (SAMT)

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 18th Aug 2026 at 7pm in the Lower Church Hall



You are invited to have a Yarn at The Farm as part of The Hills Shire Council's NAIDOC Week celebrations from **10am – 2pm on Thursday 9 July 2026** at Bella Vista Farm. Organised in partnership with the local First Nations enterprise Muru Mittigar, this event celebrates the history, culture and achievements of Aboriginal and Torres Strait Islander peoples and provides an opportunity for community connection, learning and respect.

FOOD: A variety of food options available including First Nations inspired cuisine from Wilka Thalta Food Truck, a sausage sizzle by The Friends of Bella Vista Farm, Classic Soft Serve ice cream, sundaes and slushies, and Hills Daily Grind with coffee and bakery items.

ACTIVITIES: Live music, boomerang and ochre painting, didgeridoo performances, cultural and dance workshops, market stalls from Indigenous artists, designers and small businesses selling artwork, clothing, jewellery and homewares.

TRAVEL: With limited onsite parking available, visitors are encouraged to use the Metro when attending the event.

Free Giveaways

- Free water stations onsite, bring your own reusable water bottle
 - Free coffee from Hills Daily Grind if you bring your reusable coffee cup
 - Free food giveaway from Wilka Thalta Food Truck, select from the Indigi-Sweets menu.
- Vouchers available for the first 400 families through the entry gate.

This NAIDOC Week Activity is delivered with funding support from the National Indigenous Australians Agency.

For more information: <https://www.thehills.nsw.gov.au/Upcoming-Events-Activities/NAIDOC-Week-2026>

Organiser email: events@thehills.nsw.gov.au

JUNE 13 – SEPTEMBER 21, 2026
EVERY EVENING · 9.00PM - 9.15PM AEST

A NATIONAL CONTEMPLATIVE INITIATIVE
100 DAYS OF PEACE

*One hundred voices. One hundred days.
One shared moment of stillness each evening.*

100
COMMUNITY
VOICES OF PEACE

3 MIN
CONTEMPLATIVE
REFLECTION

10 MIN
COLLECTIVE
SILENCE

FREE
NO REGISTRATION
NEEDED

CONTRIBUTING VOICES INCLUDE

FAITH & SPIRITUAL

Archbishop Thabo Makgoba: Cape Town
Fr Laurence Freeman OSB
Archbishop Ric Thorpe: Melbourne
Sister Jayanti & Sister Shivani
Satguru Uday Singh Ji
Rabbi Ralph Genende
Rev Sandy Boyce

RESEARCH & WELLBEING

Professor Craig Hassed
Professor Mark Williams
Professor Sara Lazar
A/Professor Nicholas van Dam
A/Professor Tilman Ruff AO
Dr Ian Gawler OAM
Pauline McKinnon OAM
Dr Tami Roos
Asher Packman

CIVIC, BUSINESS & COMMUNITY

Simon McKeon AO
The Hon Bob Carr
Commissioner Vivienne Nguyen AM
George Savvides AM
Hugh Mackay AO
Sister Brigid Arthur
Martin Hosking
Dr Hyppolite Ntigurirwa

SPORTS & ARTS

Justin Langer AM
Paul Roos
Dr Hannah MacDougall
Cody Weightman
Simon Tedeschi
Caroline Sharpen OAM
David Jones
Carmen Warrington

And many more across faith, arts, civic and community life - see [website details](#).

*"Now more than ever, we must focus on peace."
— Clover Moore AO, Lord Mayor of Sydney*

Join us each evening from June 13th — no registration needed
www.calminthecity.org.au/100daysofpeace
FREE · OPEN TO ALL · tiny.cc/100Days2026



QR CODE TO
REGISTER FOR
UPDATES



QR CODE
TO JOIN
ONLINE





**PARRAMATTA COMMUNITY
UNITING CHURCH**



**CHRISTMAS
IN JULY LUNCH**

**SAT 4TH JULY 2026
12:30PM**

**PCUC Northmead Site
3-7 Hammers Rd, Northmead**

- 3 course meal & drinks - BYO alcohol
- Bookings essential - RSVP by 30/06/26
- RSVP email: Paul.Griffin@pcuc.org.au
- Tickets Adults \$25 Child (5-16yrs) \$15

- Enquiries Jan ph: 9624 5994 or
email: bjmounties@hotmail.com



Ness Williams-Henke and Jon are back with their all-age / intergen podcast, 'On the Way with Ness and Jon.' It has a new look to make it more appealing to all ages. This has taken some time to get set up. The latest season is ready for Pentecost and After Pentecost, looking at the Fruit of the Spirit.

Watch on YouTube

<https://www.youtube.com/@OnTheWaywithNessandJon>

or listen wherever you listen to podcasts

**LET'S CHAT ABOUT
LIFE AND FAITH**



On The Way with Ness and Jon

@OnTheWaywithNessandJon • 7 subscribers • 10 videos

On The Way is all about having great conversations about life and faith. Jon and ...more

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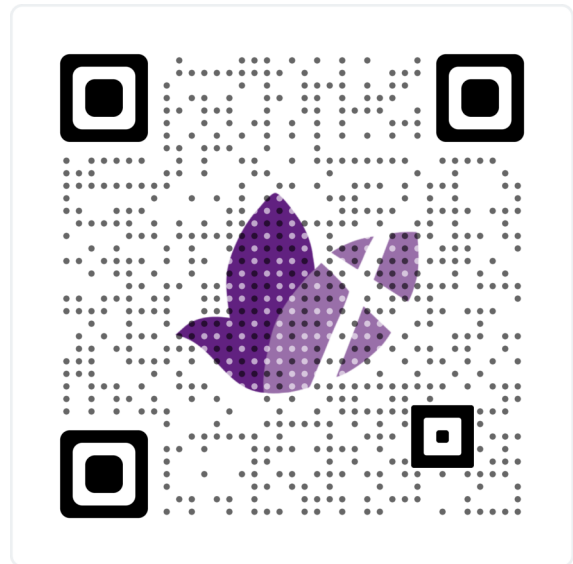


Why Is Love A Fruit Of The Spirit?



What Is The Fruit Of The Spirit?

Please see QR Codes for links for YouTube,
Facebook & Twitch



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.