



st. matthew's
UNITING CHURCH
BAULKHAM HILLS
growing together

Thank you for worshipping with us today

Twitch.tv, livestreaming at 8am, 9.30am and 9am in January each year

Let us gather as a community to celebrate the blessings that surround us



Prayer of St. Francis of Assisi

Lord, make me an instrument
of Thy peace;
Where there is hatred, let me
sow love;
Where there is injury, pardon;
Where there is error, the
truth;
Where there is doubt, the
faith;
Where there is despair, hope;
Where there is darkness, light;
And where there is sadness,
joy.

O Divine Master,
Grant that i may not so much
seek to be consoled, as to
console; to be understood, as
to understand; To be loved as
to love.
For it is in giving that we
receive;
It is in pardoning that we are
pardoned;
And it is in dying that we are
born to eternal life.

Sunday Services

8am-Worship

Led by Kay Crook &
Jon Humphries

9.30am-Worship

Led by Jon Humphries

6.45pm-Worship

Led by
Jon Humphries

KUCA in Recess for
school holidays

Bible Readings

Philippians 3: 4b-14

Matthew 21: 33-46

Pentecost 19

Something to think about 4 October Pentecost 19

Revised Common Lectionary Readings:

Exodus 20:1-4, 7-9, 12-20

Psalms 19

Philippians 3:4b-14

Matthew 21:33-46

The Place of Prayer

In an upcoming episode of 'On the Way with Ness and Jon' we talk about where we should pray. Normally, when we are talking about a place for prayer, we are referring to a place where we do our praying. Where do you pray? It is probably in our Church spaces when we gather together for our services, Christian meditation or Care and prayer. Maybe, you have a specific space in your home where you pray. Maybe, like Ness, you pray when you are walking in nature. Maybe you pray in the shower, or in the car, or on the bus or on the train. There are many places where we can pray and all of them are appropriate. However, as the episode progressed, we more moved to the place of prayer in our lives.

Prayer is connection with God. It can be talking to God, listening to God or just being with God. We can pray as individuals, in pairs, as a group or as the Church. As the worldwide Church we pray across the globe, sometimes even uniting for a special prayer event or time of prayer. If prayer is connection with God, and God as the Holy Spirit is always present with us, should we not be seeking to be always mindful of God's presence? If so, should we not always be in prayer?

In 1 Thessalonians 5:16-18 Paul writes to the Church in Thessalonica and tells believers to "Rejoice always, **pray continually**, give thanks in all circumstances. for this is God's will for you in Christ Jesus." When we hear "pray continuously," we might think that this means that we need to go around saying prayers to God in all times. This is not really possible and, knowing what we do about brains only being able to truly focus on one thing at a time, it would not be a wise or safe thing to do in some circumstances. This is why the different forms of prayer can be helpful. Of course we can say prayers, but such things as being mindful of God's presence and centring whatever we are doing in God's presence and will can be helpful. Looking to be thankful and appreciative can be a way of praying. Singing prayerful Christian songs to ourselves can be another way which adds to the suite of different ways we can pray continually. Of course, our lives are a prayer to God when we seek to live well for God, follow in discipleship of Jesus, and manifest God's love to all we encounter.

However, in the episode God inspired me with an interesting idea. As well as praying continually, Paul encourages us to "give thanks in all circumstances." This echoes what he writes in Philippians 4: 4-6 when he says, "Rejoice in the Lord always. Again, I will say, Rejoice. Let your gentleness be known to everyone. The Lord is near. Do not be anxious about anything, **but in everything by prayer and supplication with thanksgiving let your requests be made known to God.**" Again, there is the sense of praying in everything or at all times and that God is always near. As I thought about this I linked it with chores or mundane work.

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Chores are something many of us don't always like to do and even at times resent. What I felt inspired as an idea was about using our chores as a prompt for prayer and flipping that resentment or dislike into a positive experience. In a set of episodes on prayer, Ness and I unpack the ACTS model of prayer which stand for: **A**doration, **C**onfession, **T**hanksgiving and **S**upplication (which is another way of saying intercession – asking things from God in prayer) In a moment of inspiration I saw how this might help us with a connection between chores and prayer.

What if when we had to water the plants or do work in the garden etc, we didn't just see it as a chore, but saw it as a time to be reminded to appreciate the beauty and wonder of nature and give adoration and praise to God who brought all into being? What if when we were doing cleaning chores like sweeping, vacuuming and dusting etc, we didn't just think about how hard it is and how we are only going to have to do it again all too soon, we thought about what needed cleaning in our lives and soul and entered into a time of reflection and confession? What if when we have to pick up animal poop or clean out the kitty litter etc, we thought about how special it is to have small being in our lives who enrich it by sharing love with us, and we offered thanksgiving? Of course, not all people have pets, but if we have to wash the dishes, we can be thankful for each of the family who used them, or if we live by ourselves, be thankful for food etc. It is like a bookend to the meal where we say grace at the start and are thankful afterwards.

Finally, when we watch the news or listen to the news on the radio or get a news feed on our devices, we can pray for those we hear about and then widen the scope to those we may not have become aware of in a prayer of supplication / intercession.

Prayer should have an important place in our lives. We don't need to feel pressure to have set times or set locations or set ways of praying or set prayers to pray. These things can be helpful in creating and maintaining positive habits, but should not become burdensome duties. God is with us in all situations, at all times and in all places. Paul encourages us to pray unceasingly or continually. In Ephesians 6:18 he writes, "And **pray in the Spirit on all occasions with all kinds of prayers and requests.**" Thanksgiving and rejoicing are benchmarks, but as he said, let us pray "with all kinds of prayers."

Where do you pray? When do you pray? How do you pray? These things are great things to think about but also how we can strengthen and grow and enrich our prayer life. However the place of prayer in our life and discipleship is also something to think about.

God bless.

Jon

PEOPLE NEWS



George Haines

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

weekly SYNOD SPOTLIGHT

Uniting Church Synod of NSW and the ACT

Uniting Church Synod Spotlight Newsletter
For (25 September 2026) Please see link to Synod Weekly:

Pacific Women Call for Climate Action that Begins with their Communities

Ecumenical Prayer Cycle

4-10 October

Colombia, Ecuador,
Venezuela

JOIN OUR NEW

CARING

MINISTRY TEAM

Help us care for our community and share God's love through practical support, kindness and prayer.

Talk to Sara if interested



JOIN OUR NEW YOUTH & YOUNG PEOPLE MINISTRY TEAM

(Name yet to be finalised)

Exploring and encouraging ministry with those in the first third of life

Talk to Erin Matthewson
or Jon if interested



JOIN OUR NEW LIVING LOVE MINISTRY TEAM

(Name yet to be finalised)

Showing God's Love to others through community service, charity fundraising and practical giving

Talk to Jane Cole or Jon if interested



JOIN OUR NEW SPIRITUALITY LEADERSHIP MINISTRY TEAM

Nurturing, growing and encouraging Christian spirituality

Talk to Katherine Pedersen
or Jon if interested



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

MONDAY 5 October

Labour day

PUBLIC HOLIDAY

7.30pm- Christian

Meditation

TUESDAY 6 October

9am-2pm Op Shop

9.30-11am- Christian
Meditation

community
room and Church

11.30am- Care & Prayer

community
room and Church

WEDNESDAY 7 October

9am-2pm Op Shop

10am-12pm In Stitches
upstairs hall

THURSDAY 8 October

9am-2pm Op Shop

FRIDAY 9 October

No Scheduled Activities

SATURDAY 10 October

No Scheduled Activities

SUNDAY 11 October

8am- Worship

9am-Worship @ the
Willow's

9.30am- Worship

KUCA-In Recess for school
holidays

followed by morning tea

6.45pm-Worship
community meal



*Remember to put your clocks forward
one hour this Sunday or before you go
to bed Saturday night*

MINISTER

Rev Jon Humphries

Email: jon@stmatthewsuniting.net.au

Jonh@nswact.uca.org.au

MINISTERS

Everyone

PASTORAL CARE WORKER

Sara Wienand

Sunday am, Monday, Tuesday

Email: saraw@nswact.uca.org.au

CHURCH OFFICE SECRETARY

Lynn Samuel

Email: 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:

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Weekly newsletter available on
website

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PRESCHOOL DIRECTOR 9639 8570

Sonali Wanigesekera

Po Box 321 Baulkham hills 2153

Email: director@stmatthewsps.net.au

Stand with our Pacific Neighbours

Tues 6 October, 10am

Leigh Memorial Uniting Church
119 Macquarie Street, Parramatta

Climate impacts are affecting our
neighbours in the Pacific.
The main cause is burning coal, oil, and gas.

Join people of faith across Australia in a national
day of action at major places of worship standing
together with our Pacific neighbours, calling for a
Fossil Fuel Treaty.



MESSIAH

CHORUS CALLOUT

Join Beecroft Orchestra & Gente, Gente! for an
abbreviated Handel's Messiah this December

- Rehearsals - Monday evenings
- Reduced run time <90 mins
- Work with conductor Dr Joanna Drimatis & sing with live orchestra
- Email gentegenteproductions@gmail.com with your name and voice type to register your interest.

Leading in Services Seminars

7.30pm Wednesday Nights in October

14 October – Leading Liturgy

21 October – Thinking About
Preaching

28 October – Praying With the
People – Leading
Intercessory
Prayer



ZOOM
Link
QR Code

In October Jon is offering some short seminars to help people who lead in services or are interesting in thinking about leading in Church services - particularly in the areas of leading liturgy, preaching and prayers of intercession.

The seminars are about Living Liturgy: Leading in Services and will run on Wednesday nights in October at 7.30pm (Australian Eastern Standard Time AEST) and will cover:

- Leading Liturgy
- Thinking About Preaching
- Praying with People: Leading Intercessory Prayer

They will be about 45-60min long. They are not designed to be full courses, but intro and refresher seminars - of course heavily weighted with his own learning and ecclesial/theological bias, drawing heavily on the Uniting Church in Australia's ethos as laid down in the Basis of Union.

Zoom Link: <https://uca-nswact.zoom.us/j/96316299798...>

Meeting ID: 963 1629 9798

Passcode: 290565

St. Matthew's Social Action Ministry Team

How doing little things makes a big difference.

Topic: Pennington Institute Australia's Annual Overdose Report 2026

From the Foreword to the report:

The 2026 edition of Australia's Annual Overdose Report makes for shocking reading. In 2024, the number of drug-induced deaths in Australia reached the highest level ever recorded. Nearly 2,600 people died. Unintentional drug-induced deaths surpassed 2,000 for the first time, reaching the highest rate in the 24-year data series. [Editor note: the 2024 national road toll was 1300 deaths].

These are not isolated increases. We are seeing records across multiple drug types and jurisdictions including the highest number of unintentional deaths involving heroin, cocaine and amphetamine type stimulants. Victoria, Queensland, Western Australia and South Australia all recorded their highest number of unintentional drug-induced deaths in the time series.

The scale of these deaths is difficult to comprehend. Drug-induced deaths are among the leading cause of death for all Australians in their 20s, 30s and 40s. Drug use patterns are changing. The harms are increasing. Yet too often, our response remains static. The growing number of young people dying from cocaine-related deaths is particularly troubling. The rise in deaths involving stimulants such as methamphetamine demands urgent attention. Nonfatal overdoses and hospitalisations involving emerging drugs such as GHB and ketamine are surging.

First Nations people continue to experience a disproportionately high burden of unintentional drug induced deaths, a disparity that has widened even more sharply in recent years and should be a national policy priority.

This should concern all of us – especially as there are effective and proven tools that can help prevent these deaths. Naloxone can rapidly reverse an opioid overdose and is remarkably safe. Opioid pharmacotherapy can save lives and improve health outcomes for people who use opioids. Yet access to these interventions remains uneven, and too many barriers remain between people and the help that could keep them alive. The continuing toll of heroin-related deaths is especially frustrating for this reason. We know what works and governments must make it easier for people to access it. Overdose deaths are preventable.

Link to the full report: <https://www.overdoseday.com/wp-content/uploads/Australias-Annual-Overdose-Report-2026-website-compressed.pdf>

Uniting Medically Supervised Injecting Centre website: <https://www.uniting.org/community-impact/uniting-medically-supervised-injecting-centre--msic>

John Ryan OAM CEO
Pennington Institute

To ask about joining the Social Action Ministry team at St. Matthew's
email Alexander on alexander.lawless7@gmail.com

The next meeting will be on Tuesday 27 October 2026 @ 7pm in the lower hall.

To receive a copy of the weekly SAMt enews into your email inbox
email Amanda at agcm1960@gmail.com

SOCIAL JUSTICE EXPO



**MAKING CHANGE AT
A GRASS ROOTS LEVEL**



SHARING IDEAS AND PROJECTS



LEARNING FROM ONE ANOTHER



GROWING THE WAY WE DO
LOCAL-LEVEL ACTION

**SATURDAY OCT 17
2PM - 4:30PM**



**TURRAMURRA UNITING CHURCH
10 TURRAMURRA AVE.
TURRAMURRA**

FOR MORE INFORMATION, CONTACT:
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BILL.RUTH.THOMAS@GMAIL.COM



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

