



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

**We live, in fact, in a
world starved for
solitude, silence, and
private: and
therefore starved
for meditation and
true friendship.**

C.S Lewis

**TRUE HUMILITY
IS NOT THINKING
LESS OF YOURSELF,
IT'S THINKING OF
YOURSELF LESS.**

C.S. Lewis

Sunday Services

8am-Worship

Led by Pamela Leslie
and Dean Drayton

9.30am-Worship

Led by Albert Olley
and Dean Drayton

6.45pm-Worship

Led by Jane cole
and Alexander Lawless

**KUCA Preschool,
Years K-2 & years 3-8**

**Bible Reading
Matthew 22: 15-22**

Pentecost 21

Something to think about 18 October

Pentecost 21

Revised Common Lectionary Readings:

Exodus 33:12-23

Psalms 99

1 Thessalonians 1:1-10

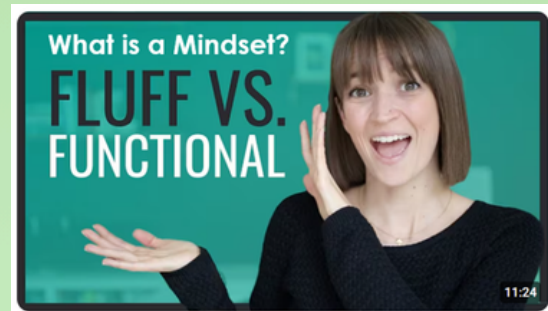
Matthew 22:15-22

More About Mindsets and How to Choose Them

Last Sunday we focused on how Paul helped us develop positive mindsets through spiritual practices and disciplines of discipleship in Philippians 4: 4-9. Many may not be fully understanding what mindsets are and how they are a choice when we think about how and who we choose to be. So, here is some information about mindsets and how we can go about fostering or building them and choosing them.

What is a Mindset?

A mindset is an established set of attitudes, beliefs, mental habits, and assumptions that shape how you perceive yourself, evaluate situations, and respond to the world. The earliest known usage of the term mind-set was in 1909 by psychologist Thaddeus Lincoln Bolton. The modern research on mindset, principally associated with Carol Dweck began in 1978 and was in direct response to Martin Seligman's 1968 learned helplessness research. The concept of mindset can be applied to individuals or groups of people. Neuroscientific research has examined how a mindset develops, how a mindset becomes ingrained in a person (or community), and how it can be altered. We can choose our mindset and Carol Dweck's research and development of the concepts of Fixed vs Growth Mindsets is an example of an evidence-based approach which demonstrates this.



What Is "Mindset"? (A Mindset Definition That Will Change Your Approach)

[https://www.youtube.com/watch?](https://www.youtube.com/watch?v=IC_QLHtN5NI)

[v=IC_QLHtN5NI](https://www.youtube.com/watch?v=IC_QLHtN5NI)

(PLEASE IGNORE THE SELF_PROMOTION part at the end of the video)

The Work in Fostering Mindsets

Because mindsets involve attitudes, beliefs, mental habits, and assumptions it takes work to build and foster them. How this applies to our Christian faith and discipleship as we try to "have the same mindset as Christ Jesus," [Philippians 2:5] means that we need to have in our spirituality and discipleship spiritual practices and disciplines of discipleship which assist us in building, growing, fostering and maintaining attitudes, beliefs, mental and spiritual habits, as well as faith and beliefs which culminate in helpful faith and Kingdom/Realm of God mindsets.

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What is Spirituality?

Spirituality is a broad human dimension that involves seeking purpose, meaning, and a sense of connection to something larger than oneself, such as the divine, nature, other people, or the sacred. Christian spirituality is therefore that which connects us with God who is spirit [John 4: 24] and who is Holy Spirit, [2 Corinthians 3:17], with God's love, and with God's mission which gives us meaning and purpose and connects us with each other as the Church and the world and all who live in it as part of God's work to redeem all Creation.

Spirituality is grown and developed by spiritual practices and disciplines of discipleship which help us in the work of connecting with God, living out our joining with God in God's mission and in our relationship with each other and our 'neighbour.'

Contemplation as a Spiritual Practice

Contemplation is a word that's not easily defined. It has ancient roots and is continually evolving. Contemplative Christianity seeks greater levels of intimacy with God and those we share Creation with primarily through listening to the still, quiet voice of the Holy Spirit within, but also through contemplative practices. Richard Rohr's teaching is that Christian contemplation is "a long, loving look at the real"—a shift in consciousness that moves us beyond ego-driven, dualistic thinking into a direct, unitive union with God and all creation.

Contemplative practices are focused, intentional activities that quiet the mind, deepen awareness, and help individuals connect with a deeper sense of meaning, purpose, or the sacred. Christian meditation is one expression of this.

However, taking up Paul's instruction in Philippians 4: 8 to think about (not just think of in terms of naming), but thinking deeply and reflectively about "whatever is true, whatever is noble, whatever is right, whatever is pure, whatever is lovely, whatever is admirable—if anything is excellent or praiseworthy," can also be seen as a contemplative practice, often when it is also combined with journalling.

continued next page

more about mindsets-continued

What is Mindfulness?

Mindfulness is the basic human ability to be fully present, aware of where you are and what you're doing, and not overly reactive or judgmental about your thoughts and feelings. Mindfulness means maintaining a moment-by-moment awareness of our thoughts, feelings, bodily sensations, and surrounding environment, through a gentle, nurturing lens. Mindfulness also involves acceptance, meaning that we pay attention to our thoughts and feelings without judging them. Being mindful then creates the space for us to choose our mindset because it helps us step aside from the immediacy of our present thoughts and feelings.

Mindfulness practices include mindfulness meditation – of which Christian meditation can be a form, 5-4-3-2-1 Grounding, Box Breathing, Body Scanning, and other techniques. (Look them up if you don't know what each involves)

Mindsets, Spiritual Practices and Disciplines of Discipleship as Liturgy

Liturgy is the work of the people and we are the people of God, The Body of Christ, both individually and collectively [1 Corinthians 12:27 & Romans 12:4-5]. Our work is to connect with God, God's mission, each other and the world, and live out our faith and discipleship by living out the will and way of God collectively and individually. To help us in this we need the right mindset. To have the right mindset we need to have helpful spiritual practices and disciplines of discipleship. The thing about mindsets, spiritual practices and disciplines of discipleship is that we have to actually do the work of practising them, both in terms of learning and developing them, but also incorporating them into the pattern of our daily lives. So, what Christian mindsets do you hold or perhaps need to grow, and what are your spiritual practices and disciplines of discipleship that you practise to help you in this? This is something which we all need to think about.

God bless.

Jon



PEOPLE NEWS



Phil Bunn
Jiwon MacWilliam
Michael Strong
Ruth Duignan
Melanie MacWilliam

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



insights
magazine
for
Spring
2026
available
from the
church foyer

Church Diary for 2027

A note to all group leaders- If your group is planning to use a part of the church property, please ensure the area is available before finalising your program.

This includes all areas. The church worship centre, upstairs hall, small meeting area in the downstairs hall, community room.

All bookings must go through the church office.

Thank you.



Uniting Church Synod Spotlight Newsletter
For (9 October 2026) Please see link to Synod Weekly:

A Blessing for our Furies

Ecumenical Prayer Cycle

18-24 October

Belize, Guatemala,
honduras, Mexico

St Matthew's HAPPY HOUR!



With a Twist

Come to our house

9 Attlee Place, Winston Hills

27 | **5:30 PM**
NOVEMBER | **FRIDAY**



PLEASE BRING A SALAD OR DESSERT AND
YOUR OWN DRINKS. WE'LL SUPPLY MEAT.

Please RSVP to Belinda for catering
belinda.schuster0709@gmail.com



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

MONDAY 19 October

9am
sorting & pricing op shop
& garage sale
lower hall
7.30pm- Christian
Meditation

TUESDAY 20 October

9am-2pm Op Shop
9.30-11am- Christian
Meditation
community
room and Church
7.30pm

WEDNESDAY 21 October

9am-2pm Op Shop
10am-12pm In Stitches
upstairs hall
10am-12pm- Men's morning
tea

THURSDAY 22 October

9am-2pm Op Shop

FRIDAY 23 October

No Scheduled Activities

SATURDAY 24 October

No Scheduled Activities

SUNDAY 25 October

8am- Worship
followed by morning tea
9.30am- Worship
KUCA Preschool
year 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
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:

Cnr Charles & Edgar Streets
Baulkham Hills

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Baulkham Hills Uniting Church
Po Box 773 Baulkham Hills 1755

WEB SITE: www.stmatthewsuniting.net.au

Weekly newsletter available on
website

FACEBOOK:

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PRESCHOOL DIRECTOR 9639 8570
Sonali Wanigasekera
Po Box 321 Baulkham hills 2153
Email: director@stmatthewsps.net.au

In Focus Reminder for November

please send your articles to the
church office by Tuesday 20
October

Many Thanks

**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
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
SPIRITUALITY
LEADERSHIP
MINISTRY TEAM**

Nurturing, growing
and encouraging
Christian spirituality

Talk to Katherine Pedersen
or Jon if interested



Volunteer form

for Assisting with Morning Services
for December 2026, January, February 2027

have been emailed or collect a copy from the foyer

NEW HELPERS ALWAYS WELCOME

**Please return completed forms to the blue mail
tray or the church office by 26th October**



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: Modern Slavery - A Quick Guide to the Proposed Modern Slavery Act Reforms

From Baptist World Aid: <https://baptistworldaid.org.au/2026/08/26/quick-guide-proposed-modern-slavery-act-reforms/>

Every Australian has a role to play in making Australian supply chains free from slavery. Fifty million people worldwide experience what we call 'modern slavery'—any situation where a person is forced to do anything through coercion, threats, or lies. This includes practices like human trafficking, forced labour, and the worst forms of child labour. As Australians, the goods we buy and use on a daily basis contribute to this heartbreaking reality.

According to research by Walk Free and Fair Supply, approximately \$100 billion worth of goods imported into Australia are considered at high risk of being produced by slavery. In 2024 alone, this equated to about \$1 in every \$5 spent on imported goods. Goods such as mobile phones, appliances, and our clothes are considered some of the highest risks.

Under the current Modern Slavery Act, eligible companies (those earning over \$100 million annually) must lodge an annual report with the government that discloses the steps they're taking to identify, assess, and address the risk of modern slavery in their supply chains. But the Act does not include any active obligations, beyond the requirement to report. This means that a company could transparently report that it has done nothing to address the risk of modern slavery in its supply chain and still be considered compliant. Since its introduction in 2018, there have been no real consequences for companies who fail to report or adequately address the criteria.

The Australian Federal Government has announced that it will introduce a new criminal offence into the Modern Slavery Act, for companies with an annual revenue of over \$100 million that fail to prevent modern slavery in their supply chains.

The Baptist Union Ethical Fashion research shows that stronger regulation of company supply chains ultimately leads to better outcomes for the workers. From 2024 research, of the 70 percent of companies who had a compliant Modern Slavery Statement, only 28 percent had a strong grievance mechanism for workers to raise issues. Many companies comply with the bare minimum requirements, but it is clear that they are unwilling to move beyond this without incentive.

What we can do:

Be a conscious consumer. Use tools such as the Chocolate Scorecard and the Ethical Fashion Guide when making decisions about what to buy or consume. Look out for the Baptist World Aid 2026 Report & Guide, launching in October. Contact your local MP and urge them to ensure this reform is adequately prioritised. For the full article:

<https://baptistworldaid.org.au/2026/08/26/quick-guide-proposed-modern-slavery-act-reforms/>

Blessings
Amanda
SAMT

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

Spring Cycle for Life

The Lifeline story

The story of Lifeline began with Reverend Dr. Sir Alan Walker, a Methodist Minister. He launched Lifeline in Sydney in 1963 after a call from a distressed man who three days later took his own life. It prompted him to launch a crisis line which initially operated out of the Methodist Central Mission.

Lifeline's Work

Lifeline exists to ensure that no one must face their toughest moments alone. For over 60 years now, Lifeline have been connecting Australians in need through crisis support and suicide prevention services.

Every 24 seconds, a person in Australia reaches out to Lifeline for help.

Their services have never been needed more. Through phone, text and online chat Lifeline is available 24 hours a day to listen, without judgement, to any person in Australia who is feeling overwhelmed, experiencing crisis or longs to be heard.

Lifeline provides opportunities for connection through digital and face-to-face suicide prevention crisis support services through a network of 41 centres, 10,000 volunteers including 4,500 Crisis Supporters and 1,000 employees.

It takes \$39 to help connect someone in crisis with trained volunteers to provide support to people in moments of crisis.

David Porter fundraiser — <https://www.springcycle.com.au/fundraisers/davidporter>

Hugh Darling fundraiser — <https://www.springcycle.com.au/fundraisers/hughdarling/spring-cycle>

Read more about Lifeline's history

<https://www.lifeline.org.au/about-us/who-we-are/our-history>





LIFE TO
The Full



2026 NATIONAL CHURCH LIFE SURVEY

Our church will join thousands of other churches across Australia in this survey, to listen, reflect and act for the future.

Sunday 25 October, 2026

2026ncls.org.au

2026 National
Church **Life**
Survey

NCLS
research



LIFE TO
The Full



2026 NATIONAL CHURCH LIFE SURVEY

Please complete the survey at Church on
Sunday 25 October, 2026

Or complete the survey online
attendersurvey.ncls.au



CHURCH
CODE

UA1A0400

2026ncls.org.au

2026 National
Church **Life**
Survey

NCLS
research

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:
BILL THOMAS - 0404 151 305
BILL.RUTH.THOMAS@GMAIL.COM



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

