



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

"Kintsugi Heart"

Healing Through Presence and Grace



Spiritual Care Week
2026



Kintsugi (golden joinery) is the traditional Japanese art of healing broken, cracked, or chipped pottery using a natural lacquer dusted or mixed with powdered gold, silver, or platinum.

Rooted in the Japanese philosophy of wabi-sabi, which finds beauty in transience, simplicity, and natural flaws.

It is a beautiful image for the healing of our soul.

Sunday Services

8am-Worship

Includes morning tea

Led by Sara Wienand
and Jon humphries

9.30am-Worship

Includes morning tea

Led by Sara Wienand
and Jon Humphries

5pm-Shine

set up from 4pm

6.45pm-Worship

Led by Jon humphries

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

Bible Reading

Matthew 22: 34-46

Pentecost 22

Something to think about 25 October

Pentecost 22

Revised Common Lectionary Readings:

Deuteronomy 34:1-12

Psalms 90:1-6, 13-17

1 Thessalonians 2:1-8

Matthew 22:34-46

Spirituality and Spiritual Care

This week is Spiritual Care Week. The great irony is that most in the Church won't know what spiritual care is, nor really understand what spirituality is, despite us knowing that God is spirit [John 4:24] and God is present and at work in us and the world as Holy Spirit. The sad reality is that people who work in the healthcare sector often have more training and know more about spirituality being widely recognised as a core aspect of human being and wellbeing than we do in the Church.

Even more sadly, in many spaces, spirituality is often described as being alternative to religion. When I searched Google this was what was suggested: "Religion is an organized, institutionalised system of shared dogmas, public rituals, and moral codes tied to a community or tradition, whereas spirituality is a personal, internal journey of self-discovery and individual connection to meaning, purpose, or the sacred." For me religion is how we practise our faith and spirituality in community through shared habits and practices founded on common beliefs. Religion should be spiritual. Faith and discipleship should be centred on spirituality. However, not all spirituality need be religious.

Spiritual Care Week

Spiritual Care Week (formerly known as Pastoral Care Week) is an annual international observance set for 18-24 October dedicated to honouring chaplains, pastoral care counsellors, educators, and spiritual care providers. Spiritual Care Week is a time to recognise the vital, often unseen work our spiritual care practitioners and teams do every day, and to celebrate the profound difference that emotional and spiritual support makes to holistic wellbeing. The celebration of Spiritual Care Week provides an opportunity for chaplains and pastoral care counsellors, educators and providers to share their story and to celebrate various ministries. It should also be a time when we remind ourselves the importance of caring for our own spirituality.

Spiritual Care Week is an initiative of The COMISS Network: The Network on Ministry in Specialized Settings, which was founded as the Council on Ministry in Specialized Settings in June of 1979. It is a national organization of chaplaincy, pastoral care, and pastoral counselling stakeholders. The organisation has been known as the Council, Congress, Coalition and now, Network on Ministry in Specialized Settings or less formally, or for short – The COMISS Network. In Australia Spiritual Care Week is hosted by Spiritual Care Australia. Spiritual Care Australia (SCA) is the national peak body representing those who provide spiritual care across a range of sectors in Australia. It is an association of Spiritual Care Practitioners and a broader community of people who share a vision for quality, compassionate, excellent spiritual care for every person in every setting. <https://www.spiritualcareaustralia.org.au/events/spiritual-care-week-2026/>

continued next page

What is Spirituality?

“Spirituality is the dynamic dimension of human life that relates to the way people (individuals and community) experience, express and/or seek meaning, purpose and transcendence, and the way they connect to the moment, to self, to others, to nature, to the significant and/or the sacred/divine.” (consensus definition of spirituality developed by the European Association for Palliative Care (EAPC) Task Force)

“Spirituality is the way in which a person understands and lives life in view of [their] ultimate meaning, beliefs, and values. It is the unifying and integrative aspect of the person’s life and, when lived intentionally, is experienced as a process of growth and maturity. It integrates, unifies, and vivifies the whole of a person’s narrative or story, embeds [their] core identity, establishes the fundamental basis for the individual’s relationship with others and with society, includes a sense of the transcendent, and is the interpretive lens through which the person sees the world. It is the basis for community for it is in spirituality that we experience our co-partnership in the shared human condition. It may or may not be expressed, or experienced in religious categories” (Fowler, cited in Fowler & Peterson, 1997, p. 47)

What is Spiritual Wellbeing?

“Spiritual well-being can be defined as “the affirmation of life in a relationship with God, self, community and environment that nurtures and celebrates wholeness.” (The National Interfaith Coalition on Aging NICA, 1975) However, we can say that spiritual wellbeing is the healthy practise of spirituality which leads to wellbeing in life. For us as people of faith it is, or should be, a core aspect of discipleship and spiritual practices should be foundational as part of our disciplines of discipleship.

What is Spiritual Care?

Spiritual care is a person-centred, holistic approach that supports a person's spiritual, existential, and emotional needs during illness, loss, aging, or major life transitions, or just in life in general. It used to be referred to as pastoral care. It is the practice of caring for people by nurturing their spiritual wellbeing. However, as is good practice, our wellbeing should be centred in our own agency – that is we should be caring for ourselves, not simply relying on being cared for by others.

Love, Spirituality and Spiritual Care

In this week’s Gospel reading set in the Revised Common Lectionary, Jesus states, “‘You shall love the Lord your God with all your heart and with all your soul and with all your mind.’ This is the greatest and first commandment. And a second is like it: ‘You shall love your neighbour as yourself.’” [Matthew 22: 37–39] To love our neighbour is to care for them, and caring for them includes caring for ourselves. Caring involves meeting people’s practical, physical, emotional, and spiritual needs, just as we should seek and work to have our needs met.

To care for others, we need to care for ourselves because we need to have plentiful spiritual resources and energy and our spiritual cup needs to be overflowing in order to share with others. This, as Jesus teaches, centres us in God. As we live in God’s love, God’s love lives in us and lives out through us. Sharing in the Realm or Kingdom of God, opens us to be able to share the Kingdom of God with others as we help them connect with God, and thus become connected with a deep connection with meaning and purpose, because God is the source of meaning and purpose. Kingdom-ing thus is about sharing love in faith and discipleship in order that we might all share in wellbeing. Our faith and spirituality makes us well, or should, just as it should do for others. How we nurture our spirituality, and let others help us in this, is thus something to really think about

*God bless.
Jon*

PEOPLE NEWS



**Terry
Oliver**

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 (16 October 2026) Please see link to Synod Weekly:

Pacific Voices, Climate Justice and the Road to COP31

Ecumenical Prayer Cycle

25-31 October

The Caribbean:

Antigua and Barbuda, Bahamas, Cuba, Dominican Republic, Grenada, Guyana, Haiti, Jamaica, St Kitts-Nevis, St Lucia, St Vincent and the Grenadines, Suriname, Trinidad and Tobago

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 26 October

9am
sorting & pricing op shop
& garage sale
lower hall
7.15pm-Netball meeting
lower hall
7.30pm- Christian
Meditation

TUESDAY 27 October

9am-2pm Op Shop
8am-9.30am
Organ testing
9.30-11am- Christian
Meditation
community
room and Church
7pm-SAMT meeting
lower hall or Zoom

WEDNESDAY 28 October

9am-2pm Op Shop
7pm via Zoom
Leading in services seminars
Praying with the people-
leading Intercessory prayer

THURSDAY 29 October

9am-2pm Op Shop

FRIDAY 30 October

5.30-7.30pm- Fusion Youth
"Mark Rober night"

SATURDAY 31 October

No Scheduled Activities

SUNDAY 1 November

8am- Worship
Includes Communion
9.30am- Worship
Includes Communion
KUCA Preschool
year K-2 & years 3-8
followed by morning tea

6.45pm-Worship
Includes Communion



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

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

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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 Immediately
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



Thursday 5 November
10am-12pm

Guest Speaker: Jon Humphries

'Jon and Lynda's Alaskan Adventures'



These informal morning gatherings include devotions, morning tea and guest speakers which cover a large range of interesting and informative topics.
*****ALL WELCOME*****



The property committee will be holding the
next working bee on

Saturday 28th
November
8am to 11.30am



Please come along for a little while or
the whole time. Many hands make light
work and would be most appreciated.



LIFE TO
The Full



2026 NATIONAL
CHURCH LIFE SURVEY

This Sunday is the Day

Use the paper surveys on Sunday
or complete the survey online **now**

CHURCH
CODE

UA1A0400

2026ncls.org.au

2026 National
Church **Life**
Survey

NCLS
research



LIFE TO
The Full

2026 NATIONAL
CHURCH LIFE SURVEY



Please complete the survey now

Use the paper survey forms
or complete the survey online

attendersurvey.ncls.au



childsurvey.ncls.au

CHURCH
CODE

UA1A0400

St. Matthew's Social Action Ministry Team

How doing little things makes a big difference.

Topic: Modern Slavery & Human Trafficking – Coercive Control

The NSW Anti-Slavery Commissioner, Dr James Cockayne, has published his submission to the Statutory Review of Coercive Control Reform on how the concept of coercive control is directly relevant to the experience of modern slavery and how jurisdiction issues are preventing the victims from receiving the help they need. The following is a part of his letter.

Victimisation through coercion is a feature of several different modern slavery offences. These may occur in employment settings but can also take place in family and intimate partner contexts, and indeed other family, institutional, and care relationships. Forced marriage is one example of modern slavery that may occur through coercive control in family relationships. Other modern slavery offences that include coercion as an element, or arise from coercive behaviour, include forced labour, debt bondage, servitude, sexual servitude, slavery and slavery-like practices.

A failure to enforce the law

In my experience of providing support and assistance to survivors of modern slavery in New South Wales, many frontline workers – notably Police – are uncertain about how to respond to situations involving coercion in these settings. They are unsure whether they should be treated as and investigated as coercive control, offences under Division 17 of the NSW Crimes Act, and/or modern slavery offences under the Commonwealth Criminal Code.

Too often, the NSWPF decline to investigate potential offences under NSW law, instead deferring to the AFP to investigate for Commonwealth modern slavery offences – with the AFP often declining to investigate, without providing any rationale. Such unexplained rejection by the criminal justice system can be highly traumatizing for survivors. It also has significant knock-on effects, as it may exclude a survivor from access to supports such as housing, counselling and medical care that depend on recognition of their victimisation. It may also lead to chronic under-reporting and under-investigation of coercive offences in these contexts. This confusion has arguably produced a systemic failure to enforce NSW law, notably Division 17 of the NSW Crimes Act.

For the full document, go to;

[https://mcusercontent.com/a8d354976c11e9befd9d99807/files/34a3d87e-d73e-3908-1327-](https://mcusercontent.com/a8d354976c11e9befd9d99807/files/34a3d87e-d73e-3908-1327-68e9ca4250e1/20260902_Letter_from_OASC_on_DCJ_Statutory_Review_of_Coercive_Control_offence.pdf)

[68e9ca4250e1/20260902 Letter from OASC on DCJ Statutory Review of Coercive Control offence.pdf](https://mcusercontent.com/a8d354976c11e9befd9d99807/files/34a3d87e-d73e-3908-1327-68e9ca4250e1/20260902_Letter_from_OASC_on_DCJ_Statutory_Review_of_Coercive_Control_offence.pdf)

Dr James Cockayne

NSW Anti-Slavery Commissioner

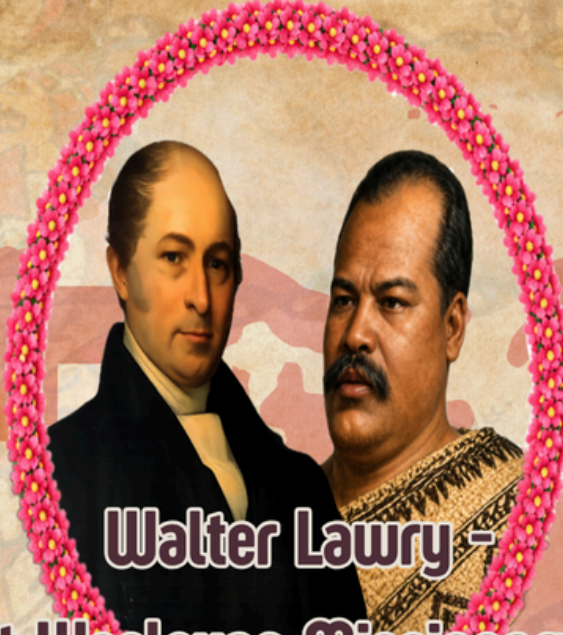
To ask about joining the Social Action Ministry team at St. Matthew's
email Alexander on alexander.lawless7@gmail.com

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

Book Launch:



Walter Lawry - The First Wesleyan Missionary to Tonga

Written by: Rev. Dr. Clive Pearson, based on an idea
by Rev. Dr. Kamaloni Tu'iono (with a foreword)
Published by: Twinnies Brand.

Date: 3rd November 2026

Time: 5pm - 7pm

**Location: Leigh Memorial Church,
119 Macquarie Street, Parramatta**

...'Lawry's expedition to Tonga would not have taken place if he had not spent some years in Parramatta beforehand. The two are interwoven.

**Please join us to celebrate the Faith, Journey and
Legacy of the First Missionary to Tonga.**

Limited Books available for purchase!

Spirituality Leadership Group been offered to the congregation and the wider community

These 15 minute talks will be played in the first 30 minutes of the ***Christian Meditation*** sessions held at St. Matthew's on Monday evenings @ 7.30pm and Tuesday mornings @9.30am. People do not need to know how to meditate to attend and listen to the talks.

The talks are for peoples information and are a part of a spiritual practice that St. Matthew's offers to all. The sessions are freely offered, however a gold coin donation weekly would be appreciated.

Enquiries to Katherine Pedersen
kathped56@gmail.com



6:19 pm Sun 18 Oct Google

70

Meditatio Talks Series

< BACK TO ARCHIVE

DOWNLOAD ENTIRE CD

TRANSCRIPT

Meditatio Talks Series 2005 A - Release date 1 March 2005

A Sincere Form of Prayer by Laurence Freeman OSB

04 Meditation and Discipleship

0:00

10:42

A Sincere Form of Prayer by Laurence Freeman OSB
Meditatio Talks Series 2005 A Jan-Mar

To be sincere, Fr Laurence says, is to give our attention, to give the gift of oneself. But to pay attention is difficult; the ego makes compelling demands. Attention has to be learned. Fr Laurence teaches Christian meditation as a way to switch from intentions to single-minded attention. We become fully present, open, and available to the Spirit of Jesus in our heart. In this sense, meditation can be described as a sincere form of prayer.

The tracks on this playlist are intended solely for personal non-



Meditatio
TALKS SERIES 2005 A - JAN - MAR



a Sincere
form of Prayer

LAURENCE FREEMAN OSB

To be sincere, Fr Laurence says, is to give our attention, to give the gift of oneself. But to pay attention is difficult; the ego makes compelling demands. Attention has to be learned. Fr Laurence teaches Christian meditation as a way to switch from intentions to single-minded attention. We become fully present, open, and available to the Spirit of Jesus in our heart. In this sense, meditation can be described as a sincere form of prayer. Fr Laurence is a Benedictine monk and the Director of The World Community for Christian Meditation. His books include Light Within, The Selfless Self, Jesus the Teacher Within, First Light.

01 A Sincere Form of Prayer

02 The Way of Meditation - I

03 The Way of Meditation - II

04 Meditation and Discipleship

05 Freedom from the Ego

06 Paying Attention

07 The Teaching of Jesus on Co...

08 The Teaching of Jesus on Co...

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>



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

