



st. matthew's
UNITING CHURCH
BAULKHAM HILLS
growing together



NOVEMBER
2026



St. Matthew's Monthly Newsletter

Round and Round We Go

The phrase "round and round it goes, where it stops, nobody knows" is a classic rhyming idiom originally linked to carnival spin-wheels – more commonly known in Australia as Chocolate wheels. Here we are almost to the end of another liturgical year. Christmas is coming and before we get to that the liturgical calendar resets and we start with the Season of Advent. Here is a fun, and hopefully not too confusing, explanation of the Liturgical Calendar and the colours associated with it.

Watch '1 | Liturgical Colors - Chuck Knows Church'



<https://www.youtube.com/watch?v=EXTGUBSmuq4>

Cycles in life, such as seasons help us mark time and understand what work needs to be done, including the work of celebrating. Beyond pure biology, humans display psychological seasonality. As noted by researchers in the journal *Perspectives on Psychological Science*, seasonal cycles alter the ecologies we inhabit, influencing our social behaviours, cultural rituals, and emotional states. Our Church liturgical seasons function in a similar way.

spiritual formation of the faithful. Just as the natural world relies on changing seasons to grow, the church uses liturgical seasons to cultivate different aspects of the Christian life—such as repentance during Lent, joyful expectation during Advent, and celebration during Easter. The liturgical calendar acts as an annual teaching tool by setting reading and foci in the life of our faith communities. However, by walking through specific seasons, Christians do not merely learn about Christ intellectually; they collectively enter into the mysteries of the life of Christ year after year, whilst at the same time being prompted in various aspects of spirituality, faith and discipleship.

The word liturgy comes from, as many will know, the Greek word λειτουργία [leitourgia], which means "public service," "public work," or "work for the people." It referred to a voluntary or civic public service – such as funding a warship (trireme) or producing a theatre play which wealthy citizens performed for the benefit of the polis (city-state). In the Christian tradition, it evolved to mean the official, public, and communal worship and ritual action offered to God – frequently described as the public "work of the Church" or the work of Christ and the people together. Liturgical seasons therefore give us seasonal work to do.

As Chuck explains in his video there are two cycles within the liturgical year each with three main parts. Advent is the preparatory season before the Celebratory season of Christmas. Advent means the arrival or coming of an important event, invention, or person. We prepare for remembering the coming of God in the person of Jesus, traditionally focusing on hope, peace, joy and love. In Christmas we celebrate the incarnation of God and reflect on what that means.

After Christmas is the Season of After Epiphany. An epiphany is a moment of sudden, striking realization, insight, or clear understanding. The word comes from the ancient Greek word ἐπιφάνεια [epiphaneia], which means "manifestation" or "appearance". After Epiphany is a time for doing the work of asking ourselves, "Now that the Light has arrived, how do we live in it?" Advent is represented by the colour purple. Christmas is represented by white, and After Epiphany is signified by green.

The second cycle of the liturgical year begins with Lent. Lent is a six-week, 40-day solemn Christian season of prayer, fasting, and almsgiving that prepares believers for Easter. The word "Lent" comes from the Old English word lencten, which means "spring" or "the lengthening of days," which coincides with the equinoctial cycles [to do with the equinoxes]. Easter is the celebration of the rising of Christ from death. The Easter liturgical season (also known as Eastertide or Paschaltide) lasts for 50 days, running from Easter Sunday until Pentecost Sunday.

The spiritual work of Eastertide (the 50 days spanning from Easter Sunday to Pentecost) shifts the soul's focus from the penitential fasting of Lent to practicing "resurrection living" through death-defying joy, intentional feasting, and the cultivation of hope. Instead of asking "What must I give up?" Eastertide asks, "How do I live as a person transformed by victory over darkness?" Lent is represented by the colour purple and Easter is white.

The rest of the liturgical year is occupied by the Season of After Pentecost. After Pentecost or Ordinary Time shifts the liturgical colour to green, symbolizing life, growth, and maturity. While the first half of the liturgical year focuses on the major events of Jesus' life (His birth, death, resurrection, and ascension), the Season of After Pentecost focuses on the life of the Church and the spiritual growth of the believer. The "spiritual work" of this season is anything is only ordinary in the sense that there is much work to be done. It is about actively cultivating a mature faith under the guidance of the Holy Spirit.

We go round and round each year through the liturgical seasonal cycles, not just out of habit, but to keep growing in faith and embedding the various aspects of faith into our discipleship. The liturgical calendar gifts us with rhythms which keep our spirituality fresh, whilst at the same time providing us with spiritual and discipleship disciplines to keep our spirituality and faith healthy.

Whilst it there can be the temptation to think, "Here we go again," with a sense of bored resignation, the challenge of the liturgical seasons is to adopt a mindset of growth and renewal. Each season provides a potential rejuvenation, and an opportunity to take up the exercising of faith which might have dropped away or might have become lax. How do you approach the liturgical seasons? What work might you be being called into as part of the re-enlivening of your spirituality, faith and discipleship? That is something to start thinking about.

***God Bless
Jon***

From the St. Matthew's Social Action Ministry Team

'Doing little things can make a big difference.'

Topic: Global Warming and Climate Injustice

Climate change is not only an environmental issue; it is also a social justice issue. Its effects fall hardest on vulnerable populations that have contributed least to the crisis.

Amos 5:24

“But let justice roll on like a river, righteousness like a never-failing stream!”

The scale of natural disasters is hard to comprehend. One example demonstrating this is Nepal.

At 8.37 am local time on 26 August 2026, a huge mass of rock and ice sheared free and slid 1,200 metres to the valley floor in Nepal's Langtang National Park, about 60 kilometres north of the country's capital. Satellite imagery showed that glacial collapse was to blame. This disaster should be understood not as an isolated event, but as part of a widening pattern of climate-driven risk in the Himalayas.

Rescue operations have been hindered by bad weather, poor access, and the threat of further flooding due to two lakes that formed after the landslide. About 12,000 people have been rescued at time of the writing. A total of 1428 bodies have been recovered, including 1,385 confirmed deaths in Nepal and 43 in Tibet. More than 5649+ persons remain unaccounted for. Thinking of the people behind the numbers is depressing. International and local families came to Nepal for spiritual blessings, renewal, and growth. Many included single family members who came to give thanks for events such as an impending births or marriages, as well as seeking healing for themselves and family members. The heartache was in those far from Nepal, knowing that their dreams of marriage and a joyous birth had been shattered.

The human cost of this catastrophe is tragic and continues to be revealed. Families went missing, as did pilgrims, local communities, and tourists. Many villages were completely wiped out. The landscape looks bleak. Children did not return home from school. Workers were buried in mud. As floodwaters moved through the Lhende Khola, Bhotekoshi and Trishuli rivers between Tibet and Nepal, they swept away high-altitude villages, including homes, roads, bridges, and power plants. Along the Trishuli, water levels rose by as much as nine metres in half an hour.

Television images captured the intensity of a flash flood sweeping through the Lhende Khola valley. The torrent of mud, water and debris travelled down the valley at speeds approaching 150 km/h. The destruction of the landscape showed life's power and fragility. Nepal is already living with cascading climate disasters. As more images became known, the magnitude of this event raised difficult questions. Could the risks of such disasters have been reduced if global warming had not taken place?

Water-induced disasters account for about 80% of physical property losses in Nepal. On 16 August 2024, a disastrous glacial lake outburst flood (GLOF) devastated the traditional high-altitude Sherpa village of Thame in the Everest region, after a massive rock avalanche.

continued next page

Global warming continued

Heavy and erratic rainfall routinely causes tens of millions of dollars in agricultural damage, particularly to vital crops such as rice. Floods, landslides, and rising temperatures raise serious concerns about food security, while the risk of waterborne diseases is high.

Because the Himalayas are warming twice as fast as the global average, the entire region spanning the Himalayan region, including Nepal, India, China, Bhutan, and Pakistan, is at growing risk, including the Hindu Kush–Himalaya range. Rising temperatures permanently melt and destabilise frozen mountain slopes, thus increasing the likelihood of avalanches, landslides, and floods. According to the United Nations (2023), Nepal's ice and permafrost mountain regions have lost close to one-third of their ice in just over 30 years due to global warming.

The dramatic irony is that Nepal contributes very little to global emissions, around 0.027%–0.1%. It remains one of the most climate-vulnerable nations on Earth. Yet, its population bears a disproportionate burden of global climate impacts. The country is a small-scale example of climate injustice and compounding disaster hazards, driven by higher global emissions in wealthier countries.

Nepal is an innocent bystander, paying the price for industrial emissions from wealthier countries. This inequity makes a strong case for justice through international loss-and-damage funding. This tragedy underscores the urgent need for international support, including greater financial negotiations through the United Nations.

What happens when there is nowhere safe to return to? Adaptation has limits when land itself becomes unsafe. When an earthquake destroys a house, communities can rebuild; when a climate flood washes away the underlying bedrock and soil, adaptation thresholds are breached, forcing permanent internal displacement. This is especially difficult for survivors, who must start all over again.

Survival becomes a lottery.

Nepal is a spiritual homeland and a popular destination for tourists and pilgrims, both from around the world and within Nepalese communities. It does not deserve to be reshaped by a crisis it did little to create. The landslide is a wake-up call about the climate crisis and global warming. What happens in the Himalayas serves as an early warning system for the water security of more than a billion people downstream across Asia. The world must focus on aggressive measures to curb global warming, strengthen support for vulnerable countries, and prevent future disasters.

Blessings,
Dr Sandra Morell
Social Action Missional 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 27th October 2026 @ 7pm in the lower Church hall.

FUSION

Youth @ St Matts

Term 4. 2026

5.30-7.30PM

FORTNIGHTLY ON FRIDAYS

Upper Primary -
High School

\$10
(includes supper)

WEEK 1

16 Oct

Mr Beast Night



WEEK 3

30 Oct

**Mark Rober
Night**



WEEK 5

13 Nov

Custard Night



WEEK 7

27 Nov

Mystery Night



WEEK 9

11 Dec

**POOL
PARTY**



st. matthew's
UNITING CHURCH
BAULKHAM HILLS
growing together

For more information contact Jon Humphries
jon@stmatthewsuniting.net.au 0432940847

Garage

SALE

1st Saturday of the month

9am-12pm

Upcoming dates

- 7 November
- 5 December

Pre-loved Household items,
Electrical, Toys & books
(fiction, non fiction & children's
books)

ST. MATTHEW'S LOWER HALL

LOOKING BACK



Jon has been in placement at St. Matthew's for three years now, having commenced in October 2023. However, that wasn't Jon's first time with us. Twenty years earlier in 2003 he was the guest speaker at SMEATA (St Matthew's Enjoys Time Away) which was our church family camp. Here is a photo of him leading Communion.

You are invited to a service of
Remembrance
and Thanksgiving
Tuesday 8 December @ 7.30pm

A service specifically designed for all those who experience a sense of loss at Christmas, especially those for whom this is the first Christmas without a loved one. During the service the names of our loved ones will be read out. You will also have the opportunity to light a candle in their memory. The names may be phoned or emailed through to the church prior to the 8 December. We also invite you to bring a card or memento to place on the Tree of Remembrance.



A tree will be supplied by the Hills Shire Council and after the service the tree will be planted together with your message somewhere in the community. Please contact us if you would like further information, and know we are thinking of you at this time of year.



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 roses are blooming and the area outside the lower hall has been transformed into a lovely oasis. Great space for staff and volunteers to take a break and have lunch. Looking for a quiet place to sit to have a chat, enjoy a tea or coffee, meet a friend or pray in a more quiet space. This is open to all to use.

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

6:19pm Sun 18 Oct Google

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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

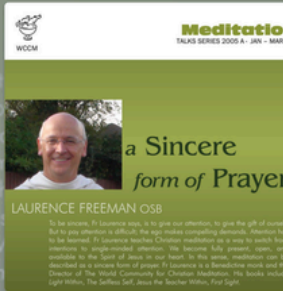
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A Sincere Form of Prayer by Laurence Freeman OSB
Meditatio Talks Series 2005 A Jan-Mar

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-



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...



WCCM AUSTRALIA (NSW)
MEDITATION & COMMUNITY

The Blackheath Community invites you to a
Community Day on 5th December 2026

Reverend Linda Chapman OAM is our guest and will
present:

*The Hidden Language of Nature: when
the Trees say Nothing*

These talks are in part based on the nature writings of Thomas Merton and address the 'language' of nature hidden in silence and how we might listen and engage.

During the day we will meditate together, share periods of silence and
times of reflection

When: Saturday 5th December 2026 from 10am to 2pm

Location: Sacred Heart Catholic Church Hall, 167 Wentworth Street,
Blackheath

Books will be for sale and Community CDs will be available for free

Donation as you wish

BYO lunch, tea/coffee and morning tea provided

If you plan to attend please email Marilyn Jones –
marilyn.jones5@bigpond.com or phone – 0401 637 759

The World Community for Christian Meditation Australia (NSW)
wccmaustralia.org.au

***You can make your own way there or contact Katherine
for car sharing or even make a weekend of it in the
mountains.***

SWELTERING CITIES

‘Check-in Week of Action’

2nd-8th Nov 2026

During this week Sweltering Cities is asking us to identify the people in our lives who we can check in with during extreme heat events to make sure they are safe and to give encouraging advice on how they can keep cool and hydrated. Just a phone call can help to prevent harm. This is especially important for people we know who live on their own or who are new parents.

Resources available at:

<https://swelteringcities.org/1457-2/heatwavecheckin/>



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.



Silence and Stillness in every season

Daily readings with John Main

The word 'meditation' has an interesting possible connection with the Latin *sto in medio* - 'I stand in the centre'. Meditation indeed means learning to live out of the centre of your being.

It is not an esoteric practice. Everyone needs to learn that rootedness in their centre so that they can be fully themselves. It is something deeply ordinary and natural. We live in a world that makes great demands on us and is continually threatening our ability to stay rooted in the centre of our being. Stress and all its related forms of dysfunction, depression, anxiety and addiction are not rare conditions in modern living. It is perhaps difficult to think of modern life at all without them.

To be stable we need to be sure of ourselves. We need to feel we are standing on firm ground and that we will have our identity of self-respect blown away by the first storms of disappointment or conflict which we encounter. Meditation is the way to this first and basic sense of stability, rootedness in ourselves. Without it external or physical stability can degenerate into a search for security or ways of self-protection. The essential stability is the reality of our own being, and how many are in touch with that.

Word Made Flesh

From St Matthew's Finance Committee

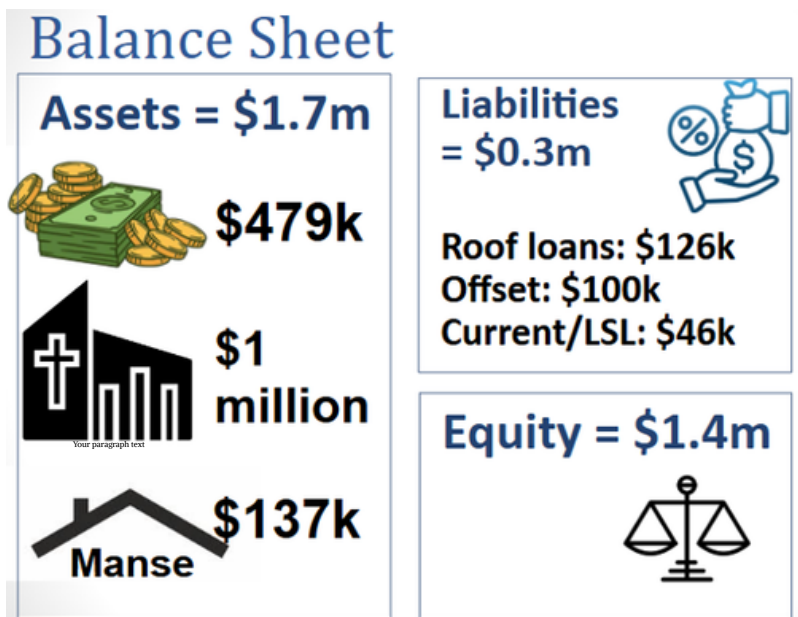
The St Matthew's Finance Committee presented the Church's financial position and forecast revenue and expenses at the August 2026 Annual General Meeting of the congregation. Overall, the outcome for 2025-26 was better than expected, reporting a \$56,000 surplus against a budgeted surplus of approximately \$45,000. Notable items leading to that result included:

- Revenues were above budget (\$23,000).
- Combined giving was essentially on budget, with increases in direct debit and Push Pay slightly up largely offset by lower loose and envelopes contributions.
- The Op Shop contributed a total of \$55,000, with 10% of revenues donated to a local domestic and family violence support provider.
- Preschool contributed an additional \$20k to expectations.
- Expenses were a little above budget, including manse and church maintenance costs that were up \$12,000.

We are budgeting for a modest \$15,000 surplus for 2026-27, supported by an assumption of ongoing contributions support, with some slowing in Op Shop and garage sale revenue. Of particular note is the \$100,000 Presbytery Innovation Grant over three years that will fund a new Missional Planning role. The balance sheet summary is in the diagram below:

The Annual General Meeting also took the opportunity to acknowledge the ongoing work of the Finance Committee: Secretary Amanda Manson; Treasurer, Alastair Burn; and Hugh Darling, Barry Gregory, Jon Humphries, Alexander Lawless, Dennis Bell, Peter Wienand.

Barry Gregory received special acknowledgement for his decades of support for the Committee, which includes having been a past Treasurer and his work with the processing of bills for the Church. Barry has recently taken a step back from processing our invoices but is still a member of our Finance Committee, while we welcomed Titima Betts who is now working with the accounts and processing invoices.



We also highlighted the decades long role that Graham Gordon has played in looking after the church and Op Shop's weekly banking, one of the less acknowledged roles that our congregation members play. We thank Graham for all of his work with this role.

From

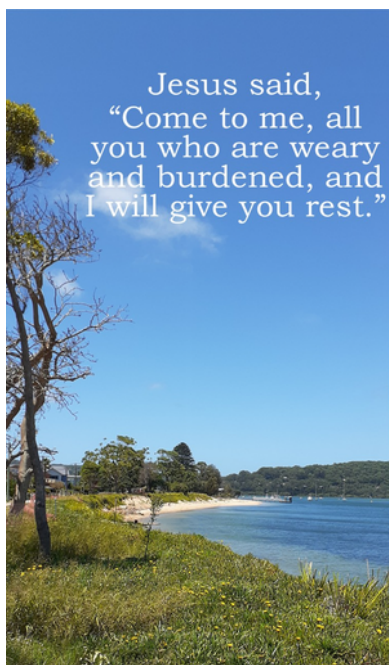
Dom & Alastair

Calendar of Events November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
30  9am Sorting & pricing Op Shop & Garage sale lower hall 7.30pm Christian Meditation Community room						1  8am Worship Includes communion 9.30am Worship Includes communion followed by morning KUCA Preschool year K-2& years 3-8 6.45pm Worship Includes communion
2  9am Sorting & pricing Op shop & garage sale lower hall 7.30pm Christian Meditation  Community room	3  9am-2pm Op Shop 9.30am-11am Christian Meditation 11.30am Care & Prayer Community room & Church	4  9am-2pm Op Shop 10am-12pm In Stitches  7.30pm Finance meeting	5  9am-2pm Op Shop 10am-12pm Coffee & Discovery Guest speaker  7pm-10pm Netball AGM	6 No Scheduled Activities	7  9am-12pm Op Shop 9am 12pm Garage Sale lower hall 	8  8am Worship 9am Worship @ the Willow's 9.30am Worship followed by morning tea KUCA Preschool year K-2& years 3-8 6.45pm Worship Community meal
9  9am Sorting & pricing Op Shop & Garage sale lower hall 7.30pm Christian Meditation  Community room	10  9am-2pm Op Shop 9.30am-11am Christian Meditation 	11  9am-2pm Op Shop 10am-12pm Women's Fellowship  7.30pm Church Executive meeting	12  9am-2pm Op Shop	13 5.30pm -7pm Fusion Youth Group Custard Night	14 No Scheduled Activities	15  8am Worship 9.30am Worship followed by morning KUCA Preschool year K-2& years 3-8 6.45pm Worship

Calendar of Events November 2026

Monday	Tuesday	Wednesday	Thursday	Friday	Saturday	Sunday
16	17 	18 	19 	20	21	22 
9am Sorting & pricing Op Shop & Garage sale lower hall 7.30pm Christian Meditation Community room	9am-2pm Op Shop 9.30am-11am Christian Meditation 	9am-2pm Op Shop 10-12pm In  Stitches upstairs hall 10am-12pm  Men's Morning Tea Mckel's Cafe Bella Vista 7.30pm Elders meeting	9am-2pm Op Shop	No Scheduled Activities	No Scheduled Activities	8am Worship 9.30am Worship followed by morning KUCA Preschool year K-2& years 3-8 2-4pm-upstairs hall in use 5pm Shine set up from 4pm 6.45pm Worship
23	24 	25 	26 	27	28	29 
9am Sorting & pricing Op Shop & Garage sale lower hall  7.30pm Christian Meditation Community room	9am-2pm Op Shop 9.30am-11am Christian Meditation 	9am-2pm Op Shop 7.30pm Church Council meeting	9am-2pm Op Shop	Fusion Youth 5.30pm-7.30pm "Mystery night"	Church Working Bee 8am-11.30am Church Working Bee 	8am Worship followed by morning tea 9.30am Worship followed by morning tea KUCA Preschool year K-2& years 3-8 6.45pm Worship



Jesus said,
"Come to me, all
you who are weary
and burdened, and
I will give you rest."

Care and Prayer

Our Care and Prayer group meets in the church at 11.30am on the first Tuesday of each month from February to November.

These are quiet, reflective meetings. We begin with songs of worship, followed by a bible reading and reflection on Jesus' healing ministry then sharing about any answered prayers we have had. There is opportunity for healing prayer when we break into small groups to share needs and pray together.

Everyone is welcome.

Christine Haines

MONTHLY ACTIVITIES and REGULAR GROUPS



Wednesday 11 November
@ 10am
A.G.M.

Enquiries: Dulcie Duncum, Margaret Gray



SHINE

Is a special needs social group for all ages after High School.
Meets Sundays Monthly for dinner & fun.
cost \$5

Still collecting for a school in the philippines.
Donations of small educational items,
soaps & combs are greatly appreciated.
Please place donations in the box provided in the church foyer.



1st, 3rd & 5th Wednesdays of the month in the upstairs
hall 10am-12pm

Bring your craft along to do.
Share fun and fellowship
with other crafty ladies.

Morning tea supplied. Enquiries: Jane Cole



CHRISTIAN MEDITATION
MONDAY EVENINGS 7.30PM-8.30PM

TUESDAYS AT THE CHURCH 9.30AM-10.30AM

FOR MORE INFORMATION OR TO EXPRESS YOUR INTEREST IN ATTENDING PLEASE CONTACT

Katherine Pedersen Faciliator
kathped56@gmail.com
ALL WELCOME



SATURDAY Pre-loved household items
7 NOVEMBER Electrical, Toys & Books
9AM-12PM (fiction, Non-fiction & children's books)

ST. MATTHEW'S LOWER HALL EDGAR STREET



OP SHOP

Open Tuesday, Wednesday & Thursday 9am -2pm
and 1st Saturday of the month 9-12pm

Pre-loved clothes & accessories, books, haberdashery, bric-a-brac, pot
plants.

CARE AND PRAYER

ALL WELCOME

11.30am on the first **TUESDAY** next meeting
of each month at St. Matthew's 3 November
February to November



**MEN'S
MORNING
TEA**

**EVERY 3RD WEDNESDAY OF THE
MONTH 10AM 12NOON**

Mckel's Cafe, Shop 14, Circa Boulevard
Bella Vista
Enquiries: Alan Wright

YOUNG FAMILIES

KUCA...

@ 9.30am service during term
for preschool, years k-2 and years 3-8

YOUTH AND YOUNG ADULTS

FUSION YOUTH GROUP....

Upper primary-High school Meet Friday
evenings at the church during term time
5.30-7.30pm contact jon humphries

jon@stmatthewsuniting.net.au

THRIVE BIBLE STUDY....

for young adults meeting fortnightly on
Tuesday evenings

contact: Jon Humphries

To include your activity in the

December/January In Focus

St. Matthew's Monthly Newsletter please send
details to Lynn in the Church office by
15 November
Thank you

MINISTER

REV JON HUMPHRIES

Email: jon@stmatthewsuniting.net.au
jhumphries@nswact.uca.org.au

PASTORAL CARE WORKER

SARA WIENAND

email: saraw@nswact.uca.org.au

CHURCH OFFICE SECRETARY

LYNN SAMUEL

email: office@stmatthewsuniting.net.au
lynns@nswact.uca.org.au

CHURCH OFFICE HOURS

8AM-2.30PM

TUESDAY, WEDNESDAY, THURSDAY

OFFICE: 9686 3003

LOCATION:

CNR CHARLES 7 EDGAR STREETS
BAULKHAM HILLS

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**THANK YOU TO ALL WHO HAVE
CONTRIBUTED TO THIS PUBLICATION.**