



**Bible Readings**

Matthew 4: 1-11



**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

Thank you for worshipping with us today.

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

**MONDAY 23 FEBRUARY**

7.30pm—Christian Meditation  
9am—sorting and pricing for Op Shop & Garage sale lower hall

**TUESDAY 24 FEBRUARY**

9am-2pm—Op Shop  
9.30am-11am—Christian Meditation  
community room and church  
7.30pm—Lent Studies  
In the church & online via Zoom

**WEDNESDAY 25 FEBRUARY**

9am-2pm—Op Shop  
7.30pm—Church Council

**THURSDAY 26 FEBRUARY**

9am-2pm—Op Shop

**FRIDAY 27 FEBRUARY**  
No Scheduled activities

**SATURDAY 28 FEBRUARY**  
No Scheduled activities

**SUNDAY  
1 MARCH**

**8am—Worship**

Includes communion

**9.30am—Worship**

Includes communion

KUCA—Preschool, Years K-2 & Years 3-8

Followed by morning tea

**6.45pm—Worship**

Includes communion



**8am—Worship**

Led by Jon Humphries  
followed by Morning Tea

**9.30am—Worship**

Led by Jon Humphries  
KUCA  
Preschool, Years K-2 & Years 3-8  
followed by Morning Tea

**5pm—Shine  
Setup from 4pm**

**6.45pm—Worship**  
Led by Jon Humphries

**MINISTER**

**REV JON HUMPHRIES**

Email: [jon@stmatthewsuniting.net.au](mailto:jon@stmatthewsuniting.net.au)  
[jhumphries@nswact.uca.org.au](mailto:jhumphries@nswact.uca.org.au)

**PASTORAL CARE WORKER**

**SARA WIENAND**  
SUNDAY am, MONDAY, TUESDAY  
Email: [saraw@nswact.uca.org.au](mailto:saraw@nswact.uca.org.au)

**CHURCH OFFICE SECRETARY**

**LYNN SAMUEL** : [lynns@nswact.uca.org.au](mailto:lynns@nswact.uca.org.au)

**CHURCH OFFICE HOURS** 8AM-2.30PM

TUESDAY, WEDNESDAY, THURSDAY

**OFFICE :** 9639 8303  
Email: [office@stmatthewsuniting.net.au](mailto:office@stmatthewsuniting.net.au)

**CHURCH COUNCIL CHAIRPERSON**

**MIKE UNDERWOOD**  
Email: [mikeu@nswact.uca.org.au](mailto:mikeu@nswact.uca.org.au)

**CHAIRPERSON OF ELDERS**

**HELEN OLLEY**  
Email: [helen.olley@optusnet.com.au](mailto:helen.olley@optusnet.com.au)

**LOCATION:**

CNR CHARLES & EDGAR STREETS  
BAULKHAM HILLS

**POSTAL ADDRESS:**

BAULKHAM HILLS UNITING CHURCH  
PO Box 773 BULKHAM HILLS 1755

**WEB SITE:** [www.stmatthewsuniting.net.au](http://www.stmatthewsuniting.net.au)  
Weekly newsletter available on website

**FACEBOOK:**

[@stmatthewsunitingchurchbaulkhamhills](https://www.facebook.com/stmatthewsunitingchurchbaulkhamhills)

**PRESCHOOL DIRECTOR** 9639 8570

**SONALI WANIGESEKERA**  
PO Box 321 BULKHAM HILLS 2153

**EMAIL:** [director@stmatthewsps.net.au](mailto:director@stmatthewsps.net.au)

# Something to think about

22 February

## Lent 1

### Revised Common Lectionary Readings:

Genesis 2:15-17; 3:1-7

Psalm 32

Romans 5:12-19

Matthew 4:1-11

## Lenting

We are in the season of Lent.

Lent is a 40-day solemn Christian liturgical season of prayer, fasting, and almsgiving, beginning on Ash Wednesday and ending before Easter. The last week is Holy Week, culminating in Easter Sunday. Lent is actually more than 40 days, because it doesn't include Sundays. It symbolizes the time Jesus spent in the desert. In 2026, it begins on February 18 and ends on April 2. The name is derived from the Old English *lenten*, meaning "lengthen" or "spring".

How do you Lent, if you Lent at all? Not all Christian traditions or churches celebrate Lent. Even within some traditions which mark Lent, it is celebrated in different ways. It represents a period of reflection, repentance, and preparation for the resurrection of Jesus Christ, marking the time Jesus spent fasting in the wilderness. Lent is part of the liturgical seasons of the Church year. Because liturgy

has its roots in the Greek meaning 'work of the people,' so Lent does give us work to do. It is not just about preparing for Easter, but can hold a lot more for our faith and discipleship as we take up spiritual disciplines.

Wikipedia, speaks about Lent as a period of repentance which ends with a great celebration of Easter. Thus, it is known in Eastern Orthodox circles as the season of "bright sadness." This idea of 'bright sadness' comes from a Greek word *χαρμολύπη* [charmolypi] refers to the joy that emerges out of the middle of sadness and (conversely) the sadness that merges out of joy: an integrated feeling that cannot exist without both sorrow and joy, dwelling together and giving rise to each other. In the Roman Catholic Church, the Second Vatican Council "directed that this two-fold character of Lent was to be "brought into greater prominence both in the liturgy and by liturgical catechesis":

Lent is a season traditionally has been in the Church a time for "recalling or preparing for baptism" and for penance, which "disposes the faithful, who more diligently hear the word of God and devote themselves to prayer, to celebrate the paschal mystery". Lutheran tradition refers to three traditional practices to be taken up with renewed vigour during Lent, known as "the three pillars of Lent":

- prayer (justice toward God)
- fasting (justice toward self)
- almsgiving (justice toward neighbours)."

Continued next page

Further on Wikipedia, (see: <https://tinyurl.com/yn7p8rcs>) it notes that “self-reflection, simplicity, and sincerity (honesty) are emphasised during the Lenten season. The purpose of Lent is the preparation of the believer for Easter through prayer, fasting, and almsgiving (the three pillars of Lent), as well as mortifying the flesh, repentance of sins, simple living, and self-denial. In Lent, many Christians commit to fasting, as well as giving up certain luxuries in imitation of Christ's sacrifice during his journey into the desert for 40 days; this is known as one's Lenten sacrifice. Prior to the 6th century, Lent was normatively observed through the practice of the Black Fast, which enjoins fasting from food and liquids, with the allowance of one vegetarian meal after sunset. This form of fasting continues in certain denominations, such as the Coptic Orthodox Church.”

Many Lent-observing Christians also add a Lenten spiritual discipline, such as reading a daily devotional or praying through a Lenten calendar, to draw themselves near to God.[37][38] Often observed (especially on Fridays) are the Stations of the Cross, a devotional commemoration of Christ's carrying the Cross and crucifixion. Whilst many have seen Lent as a time for giving something up, Lent can also be seen as a time also for taking something up.

UnitingWorld is our National overseas aid and development agency. Each year they run Lent Event. Lent Event was started at West Ryde Uniting Church by Sarah White. Sarah saw how people gave up something for Lent, and had the brilliant idea that about what might we do with the money that we save from giving up coffee or chocolate? So, she thought we could invite people to give that money to aid and development. Lent is Event was born. So, since 2009 it has raised over 3 million dollars to help people in their need to create better lives for themselves, their families and their communities.

So, we are the Church, the people of God. We are disciples of Christ, who is God incarnate and Immanuel – God with us. We are called to follow Jesus on the Way of the Cross as we join God in God's mission. Lent invites us to think about how we might grow in faith. Therefore, in this liturgical season of preparation for Easter we are invited to consider how we might receive the traditions of Lent and take up some spiritual disciplines which help us develop in our discipleship.

So, how might we Lent? What might we do as part of our Lenting that has meaning and joins us in God's purpose? What might be our Lenting? It is something for us to think about as a Church and as individuals



<https://unitingworld.org.au/>

God bless  
Jon

**PEOPLE NEWS**

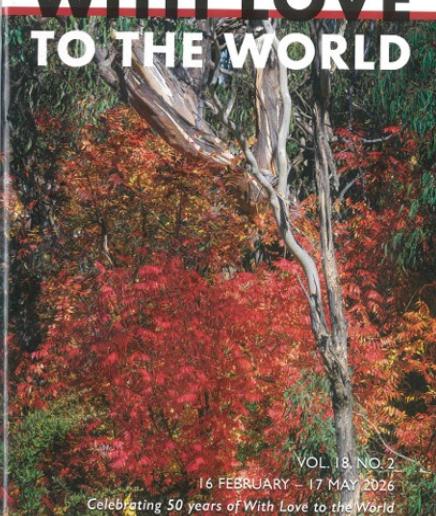
Robyn Mathewson  
Merilyn Philip

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



LENT EASTER

## WITH LOVE TO THE WORLD



**Lent Easter**  
**WITH LOVE  
TO THE  
WORLD**  
a daily Bible reading  
guide based on the  
Revised Common  
Lectionary  
**Volume 18,  
Number 2**  
**16 February  
To  
17 May 2026**  
is available  
in the church foyer.  
**Please place \$7  
in offering bag  
to cover costs.**

**Ecumenical Prayer Cycle**

22—28 February

France, Germany, Monaco

## weekly **SYNOD SPOTLIGHT**

Uniting Church Synod of NSW and the ACT

Uniting Church Synod Spotlight Newsletter

**For ( 13 February 2025) please see link to  
Synod weekly:**

[Synod Weekly Spotlight 2026 - 13 February |](#)

## New carpets

After many years of the now unfashionable red patterned carpet we were able to change to a more modern carpet which matches in with the downstairs flooring.

Thank you to Bruce Court, Doug Mathewson, Mike Underwood, Jon, Sara & Peter Weinand, Tim Aukustino, Belinda and Peter Schuster for working all day on the removal of the stage carpet, filling in the communal rail holes and stopping the squeaks, and shifting all the furniture off the stage. And thank you to Bruce, Doug, Mike Underwood and Jon, Peter Jenkyn and myself for putting everything back together.

A special thank you to Bruce who went early to open up for the installer (he went to the wrong church) who didn't turn up till 10.00 am and then Bruce had to go back next day so the job could be finished.

Jane Jenkyn  
Secretary of the Property Committee



**World day of  
Prayer  
Friday 6  
March 2026  
@ 7.30pm**

**St. Matthew's is hosting this  
year's World day of prayer  
event.**

**Focus Country: Nigeria**

**All Welcome**

**Lent Studies will take place  
EACH TUESDAY IN LENT  
7.30pm  
In person in the church space**

**Tuesday 24 February  
To  
Tuesday 31 March**

## **St Matthew's HAPPY HOUR!**

**NEW TIME!**

**At NBC**

166 Windsor Rd, Northmead

**20 MARCH | 5:30 PM 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](mailto:belinda.schuster0709@gmail.com)



## **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.



**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](http://www.stmatthewsuniting.net.au)**

**Click on the metal dove image / publications or find in recent posts.**



<https://uniting.church/2026-lenten-invitation/>



# *St Matthew's Social Action Missional Ministry Team*

How doing little things makes a big difference.

**Topic: United Nations World Day of Social Justice 20<sup>th</sup> February 2026**

**Theme: Strengthening a Just Transition for a Sustainable Future**

Strengthening a just transition for a sustainable future means making sure our move toward low-carbon economies benefits everyone, especially the most vulnerable. It requires a holistic approach that weaves environmental sustainability with social justice, ensuring that workers, indigenous peoples, and marginalized communities receive the support they need—through retraining, job creation, and strong social protection measures. In other words, decarbonization and economic transformation should go hand in hand with policies that fight poverty, reduce inequality, and open up opportunities for all.

At the heart of this vision is the idea of integrating “just transition” principles into both global and national policies. When these principles are built into sustainable development agenda, such as those discussed at the Second World Summit for Social Development (WSSD2) in November 2025, policymakers can create a fairer environment where the costs of change are shared equitably. For example, targeted green skills training, comprehensive social protection, and community-led economic diversification can help ensure that the decline of fossil fuel industries doesn’t lead to long-term unemployment or increased social inequality. Instead, these measures redirect investments into emerging green sectors, building a resilient workforce and a more equitable society.

Ultimately, strengthening a just transition is about re-imagining our economic and environmental systems to prioritize people as much as the planet. It’s a call to shift the focus from simply decarbonizing to also redistributing opportunities and resources so that sustainable growth benefits everyone. Through collective action and inclusive policies, we can create a future where environmental integrity and social equity go hand in hand, forming the foundation of a truly sustainable global economy.

Link to the United Nations webpage: <https://www.un.org/en/observances/social-justice-day>

## *Proverbs 31:8-9: (NIV)*

*"Speak up for those who cannot speak for themselves,  
for the rights of all who are destitute.*

*Speak up and judge fairly,  
    defend the rights of the poor and needy."*

*Blessings,  
Alexander  
Social Action Missional Ministry Team (SAMMT)*

To ask about joining the Social Action Group at St Matthew's  
email Alexander on [alexander.lawless7@gmail.com](mailto:alexander.lawless7@gmail.com)



# Galston Concerts



**Sunday 22nd February @ 2pm**

**Galston Uniting Church, 11 School Road, Galston**

## **Paris to Budapest: A Clarinet and Piano Musical Journey?**

Kimberley Steele is a collaborative pianist, conductor, classroom teacher, and the Director of Voice at Radford College (Canberra). She graduated from the Liszt Academy of Music, with performance highlights including playing for Kodály's wife Sarolta in their family home, and memorising the formidable Dante Sonata by Liszt. At Sydney University she was recognised with a Geoffrey Parsons Scholarship, and at the Australian National University she won the Margaret Smiles Accompaniment Prize. She has been featured by the NSW Accompanists' Guild and Artsound Canberra, performed two concertos with the National Capital Orchestra, and accompanied tertiary performance students in Canberra for over a decade. Favourite artists to work with have included Alexander Knight (baritone), Anna Murakawa (violin) and her flagship ensemble the foray quintet. On June 21 she will return to the Galston stage with a vocal ensemble of Elegies.

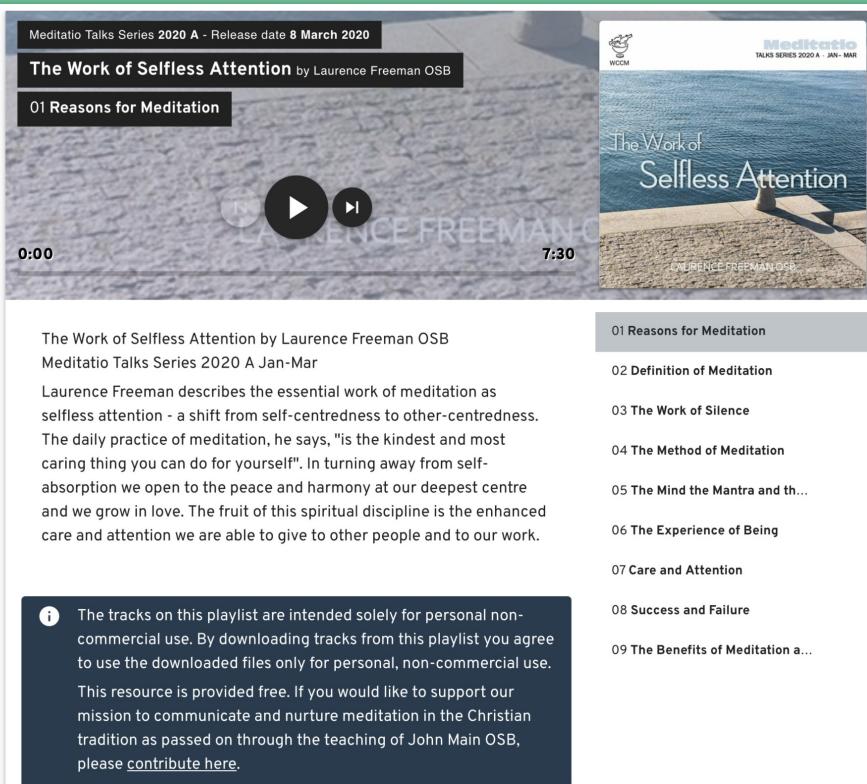


Milan Kolundzija has been playing and teaching as a clarinettist in Canberra for the past eight years. A graduate of the Australian National University's School of Music, Milan completed his classical clarinet studies with First Class Honours under the tutelage of Jason Noble (Ensemble Offspring), Alan Vivian (Australian Chamber Orchestra, Sydney Symphony Orchestra, Canberra Symphony Orchestra) and Dr Eloise Fisher (Tasmanian Symphony Orchestra). In 2022, he made his solo debut as one of the performers featured in the ANU Orchestra's Concerto Gala. In 2023, Milan was selected as an inaugural fellow of the Canberra Symphony Orchestra's Kingsland Fellowship. Milan has performed with a variety of ensembles in Canberra and Interstate including the Australian Brandenburg Orchestra and the Tasmanian Symphony Orchestra.

**\$40 adults; \$30 concession & children free  
(Cash only at the door)**

**Bookings: [Trybooking.com](https://trybooking.com)**

# “Christian Meditation is not what you think”



Meditatio Talks Series 2020 A - Release date 8 March 2020

The Work of Selfless Attention by Laurence Freeman OSB

01 Reasons for Meditation

0:00 7:30

LAURENCE FREEMAN OSB

The Work of Selfless Attention by Laurence Freeman OSB  
Meditatio Talks Series 2020 A Jan-Mar

Laurence Freeman describes the essential work of meditation as selfless attention - a shift from self-centredness to other-centredness. The daily practice of meditation, he says, "is the kindest and most caring thing you can do for yourself". In turning away from self-absorption we open to the peace and harmony at our deepest centre and we grow in love. The fruit of this spiritual discipline is the enhanced care and attention we are able to give to other people and to our work.

**Information:**

The tracks on this playlist are intended solely for personal non-commercial use. By downloading tracks from this playlist you agree to use the downloaded files only for personal, non-commercial use. This resource is provided free. If you would like to support our mission to communicate and nurture meditation in the Christian tradition as passed on through the teaching of John Main OSB, please [contribute here](#).

01 Reasons for Meditation  
02 Definition of Meditation  
03 The Work of Silence  
04 The Method of Meditation  
05 The Mind the Mantra and th...  
06 The Experience of Being  
07 Care and Attention  
08 Success and Failure  
09 The Benefits of Meditation a...



Titles of talks we  
will be  
listening to at  
both weekly  
sessions.

An invitation to everyone to come and taste and experience for themselves that

**“Christian Meditation is not what you think”.**

The talks will begin on  
Monday 5th and Tuesday 6 January 2026 at the church during our  
normal meditation times.

Contact Katherine Pedersen  
kathped56@gmail.com 0437 772 011