



Bible Readings

John 4: 5-42



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

8am—Worship
 Led by Jon Humphries

9am—Worship @ the Willow's
 Led by Warren Arthur

9.30am—Worship
 Led by Jon Humphries
 KUCA Preschool, Years K-2 & Years 3-8
 followed by Morning Tea

6.45pm—Worship
 Community meal

Thank you for worshipping with us today.

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

MONDAY 9 MARCH

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

TUESDAY 10 MARCH

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

WEDNESDAY 11 MARCH

9am-2pm—Op Shop
10am-12pm—Women's Fellowship
"Childhood memories"
 upstairs hall & church

THURSDAY 12 MARCH

9am-2pm—Op Shop

FRIDAY 13 MARCH

No Scheduled activities

SATURDAY 14 MARCH

No Scheduled activities

SUNDAY 15 MARCH

8am—Worship
9.30am—Worship
 KUCA—Preschool,
 Years K-2 & Years 3-8
 Followed by morning tea
6.45pm—Worship



MINISTER

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

PASTORAL CARE WORKER

SARA WIENAND
 SUNDAY am , MONDAY, TUESDAY
 Email: saraw@nswact.uca.org.au

CHURCH OFFICE SECRETARY

LYNN SAMUEL : 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

PRE-SCHOOL DIRECTOR 9639 8570

SONALI WANIGESEKERA
 PO BOX 321 BAULKHAM HILLS 2153

EMAIL: director@stmatthewsps.net.au

Something to think about

8 March

Lent 3

Revised Common Lectionary Readings:

Exodus 17:1-7

Psalm 95

Romans 5:1-11

John 4:5-42

In Spirit and in Truth

This week in the Revised Common Lectionary we meet again the story of Jesus speaking with a Samaritan woman at a well. Most of us will have heard this story before. I assume we will have heard many different interpretations and teachings. It is an amazing story where Jesus crosses cultural, religious and gender boundaries and the result is that we see someone become one of the first Christian missionaries.

In this encounter, where much happens in a very short time in the enigmatic conversation that Jesus has which is unique in that Jesus openly declares himself to be the Messiah, he also speaks an intriguing statement about God and worship of God. He states, "God is spirit, and those who worship him must worship in spirit and truth." [John 4: 24] In recent weeks this idea of worshipping God in spirit and in truth has haunted me a little and led me into reflection about what this means.

When you hear the word 'spirit' what comes to your mind? Maybe it is the Holy Spirit. If so, what does it mean to worship God in the Holy Spirit? Maybe when you hear 'spirit' you think of a ghost or our human spirit. How might that shape our understanding of worshipping God. What might it mean to worship God in our spirit?

In Hebrew the word translated as spirit is רוּחַ [ruach], which also means wind or breath. It represents the breath of life, divine inspiration, the essence of a person, or the Holy Spirit. It signifies an invisible, animating power that moves, similar to wind, often highlighting the connection between breathing and the spirit of life. In Greek the word for spirit is πνεῦμα [pneuma - pronounced pnyoo-mah], which commonly refers to breath, wind, or our spirit/soul. It is used extensively in the Greek New Testament to refer to the human spirit, evil spirits, and the Holy Spirit (Spirit of God). When we speak about the Spirit, we are speaking about the Holy Spirit who is God, who Godself is spirit, not mortal or material in nature. So, there is a great connection between spirit and breath and it is in both Hebrew and Greek and with spirit and God.

Continued next page

When we think about worshipping God in spirit, we might think that it is about spiritual worship. We could think this to mean singing or praising or praying, all of which require breath and are spiritual practices. This is true to a degree, but spirit is more than just breath, it is about breathing and life. Perhaps worshipping God in spirit is more about worshipping God with every breath we take. This connects with Paul's teaching in 1 Thessalonians to pray without ceasing. [1 Thessalonians 5:17] It is impossible to pray prayers without ceasing speaking. We need to eat, drink, sleep, speak and other things that involve our mouths or prevent us from praying prayers in words. When we speak to others, we can't be saying prayers. Yet perhaps the key here is again that worship and a deeper understand of prayer is our living for God. How we speak to others should be an expression of our love for them as part of our love for God. It is prayer and praise in the form of doing the will of God and showing others the worth of God. It is a way of loving God.

Similarly, how we act and behave should be synced with our faith and discipleship and be an expression of our love for God. Spiritual worship is that where our speaking and actions manifest the fruit of the Spirit [Galatian 5:22-23], not only in prayers and songs but in our everyday living. God is Holy Spirit and dwells with us and within us. When we speak of spirit, then we seek to abide in God because God is both Christ and Holy Spirit. When we abide in Christ, who is God, and do as he has taught us then we are being truly his disciples because we are bearing

much fruit which is how God is truly glorified. [John 15: 5-8]. We bear much fruit not only doing spiritual practices but practising our spirituality in our relationships with others which should be centred in the love of God.

We worship God in spirit and in truth, when we truly worship God. It is not about saying truths or singing truths about God. These are helpful things to think about. However, we truly worship God when our whole being and our whole life is lived in connection with God and honours God's will and way. This way we learn through Christ, who was God incarnate and who calls us to abide in him and bear much fruit. [John 15: 5] We learn about what fruit to bear through God who is Holy Spirit, who when we are in-sync our living and breathing with God helps us manifest the Fruit of the Spirit.

God is spirit and is Holy Spirit. God is Christ. When we abide in God, then we live the love of God to others, and we can be seen to be living in God and God living in us. Worship is not just about religious practices, but religion which is our living out our full lives in faith and discipleship. Worshipping God in spirit and in truth and how we seek to go about this is therefore something to really think about.

God bless

Jon

PEOPLE NEWS

**HAPPY
BIRTHDAY**



Norma Hillier
Alan Watson

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

Ecumenical Prayer Cycle

8-14 March

*Ireland and United Kingdom,
England, Northern Ireland, Scotland,
Wales*

Weekly SYNOD SPOTLIGHT

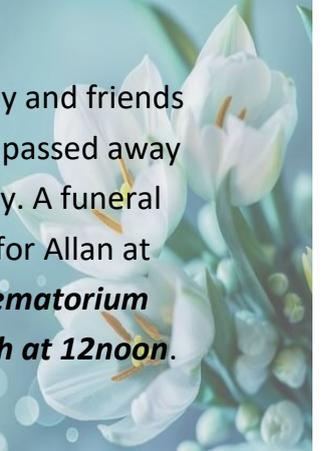
Uniting Church Synod of NSW and the ACT

Uniting Church Synod Spotlight Newsletter

For (27 February 2025) please see link to Synod weekly:

[Synod Weekly Spotlight 2026 - 27 February](#)

Sympathy to the family and friends of Allan Williams who passed away on Friday 27 February. A funeral service will be held for Allan at *Macquarie Park Crematorium on Thursday 12 March at 12noon.*

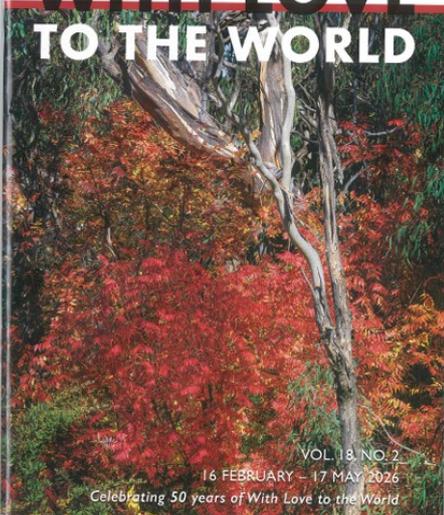


1976-2026



LENT EASTER

WITH LOVE TO THE WORLD



VOL. 18, NO. 2

16 FEBRUARY - 17 MAY 2026

Celebrating 50 years of 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.

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



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

**Tuesday 24
February
To
Tuesday 31
March**

Topic: 2026 St Matthew's Uniting Lenten Studies

Time: Feb 24, 2026 07:30 PM

Every week on Tue, 6 occurrence(s)

<https://uca-nswact.zoom.us/j/98002215746>

Meeting ID: 980 0221 5746

One tap mobile

+61871501149,,98002215746# Australia

+61280156011,,98002215746# Australia

Join by SIP

• 98002215746@zoomcrc.com

Join instructions

[https://uca-nswact.zoom.us/meetings/98002215746/invitations?
signature=8pWbv39wLUCWvOM7fPthgCNckTnA6iSAOR8KpCqNU3I](https://uca-nswact.zoom.us/meetings/98002215746/invitations?signature=8pWbv39wLUCWvOM7fPthgCNckTnA6iSAOR8KpCqNU3I)



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

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

Combined MORNING TEA

9AM



22
MARCH
2026



PLEASE TELL SARA IF YOU CAN
BRING SOMETHING TO SHARE

Micah Women's Network Dinner

Date & time: 27th March 2026 starting at 7pm

Cost: \$30 each, tables can be booked for groups.

Location: Northside Community Church, Crows Nest

Getting there: there is car parking at the church and the church is a 4 minute walk from the Crows Nest Metro.

Keynote speakers:

1. **Asuntha Charles**, the Humanitarian Response Director at World Vision
2. **Tim Costello**, Chief Executive Officer and Chief Advocate of World Vision Australia

Micah Womens Network equips women through connection, training, and advocacy to engage churches and to meet with Federal MPs to help shape a more just world.

<https://www.micahaustralia.org/take-action/micah-womens-network/>

To book tickets: ask Amanda to send you the email link



Church Working Bee

It is nearing Easter so it is time to carry out the working bee to make the property sparkle. We only have a couple of working bees each year so if you can afford to give a few hours the Property Committee would appreciate your help. Mark your diary on

Saturday 28th March
from 8.00 am to 11.30 pm

We will be cleaning windows, church seats, Furniture in the church, clean tops and inside of cupboards, clean fans and more if we have the time and the manpower.

If you prefer to garden this is your opportunity.

Remember many hands make light work. 🍷 🍷 🍷 🍷 🍷 🍷



A LENTEN INVITATION
from President Rev Charissa Suli



[https://
uniting.church/2026-
lenten-invitation/](https://uniting.church/2026-lenten-invitation/)

St Matthew's Social Action Missional Ministry Team

How doing little things makes a big difference.

Topic: God at work on the front lines of climate change - Lent Event

Climate change is being deeply felt in Australia's nearest neighbour Timor-Leste. It is the poorest country in our region. Unseasonal drought and catastrophic flooding are destroying crops that families rely on for food and income. One in four people is hungry, and half of all children are stunted due to failed harvests and lack of clean water. (reference <https://donate.unitingworld.org.au/lent-event>).

Timor-Leste has one of the highest malnutrition rates among children in the world. UnitingWorld partner, the Protestant Church of Timor-Leste (IPTL) through their agency, Fundasaun Sosial Naroman (FUSONA Foundation), has a goal to develop food security to overcome malnutrition of children and women through this project. This is a shift away from the focus on operating health clinics.

A major initiative is to train FUSONA staff and community members to create and run kitchen gardens to increase the reliable supply of fresh food to families and decrease spending on imported nutrition-poor foods. Nutrition education will also contribute to reduction in malnutrition and disease and promotion of healthy living.

Julio, who leads the work of Uniting World partner FUSONA, refuses to give in to despair. He sees a movement of God's people, local and global, pushing back against poverty and the impacts of a changing climate. Simple, scalable, climate-smart farming and community health projects led by FUSONA mean that families have experienced real change with children growing strong again, gardens flourishing and hope returning.

Another key piece of work for the church is in child protection and safeguarding. 42% of Timor-Leste's population is under the age of 14. That is a lot of young people to be nurtured and guided, all of them the children of parents traumatised by years of conflict during the fight for independence. The IPTL Safeguarding and Child Protection Policy will be in place to educate the project participants, congregations and Sunday School children about child protection, violence and non-violent behaviours.

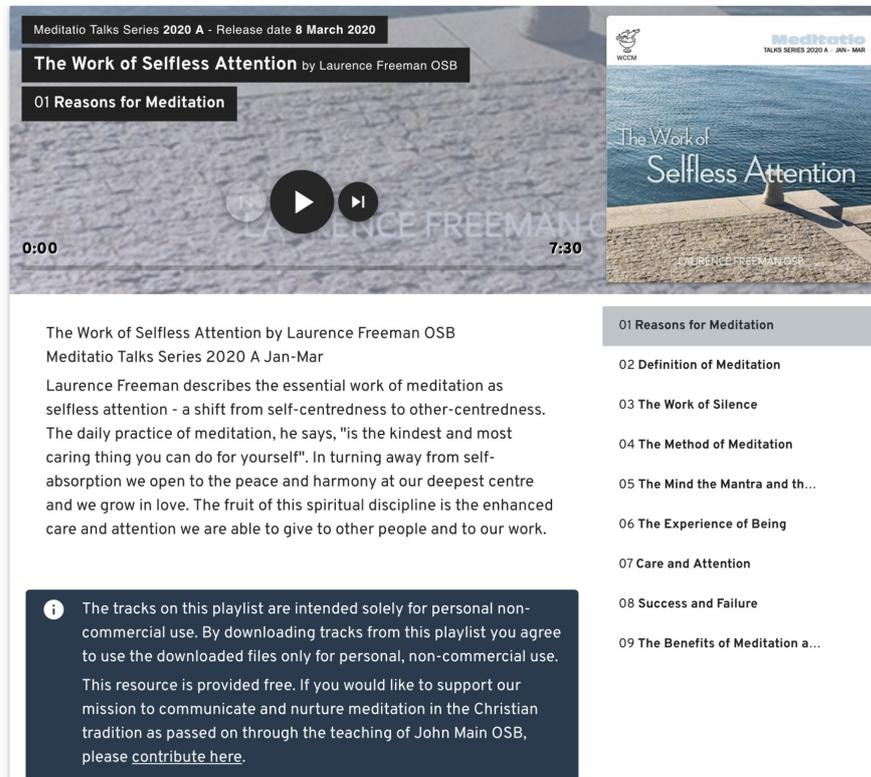
For more information go to: <https://unitingworld.org.au/projects/community-health/>

To donate to the UnitingWorld Lent event: <https://donate.unitingworld.org.au/lent-event>

*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
Our next meeting will be on Tuesday 21st April 2026 at 7pm in the Lower Church Hall

“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

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.

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