



Bible Readings

John 14:15-21
1 Peter 3:13-22



Response after Bible Readings

Leader: *In this we hear the word of God*
Response: *Thanks be to God who speaks to us as spirit.*



twitch.tv

Livestreaming at
8am, 9.30am and
9am in January each
year

8am—Worship

Led by Jon Humphries

9am—Worship @ the Willow's

9.30am—Worship

Led Jon Humphries
Followed by morning tea

KUCA — Preschool,
Years K-2 & Years 3-8

6.45pm—Worship

Community meal

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

Thank you for worshipping with us today.

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

MONDAY 11 MAY

Garage Sale sorting & pricing
2pm—Funeral for Geoff Benoit at
Castlebrook Memorial Park
7.30pm—Christian Meditation
7.30pm—Finance meeting
Lower hall

TUESDAY 12 MAY

9am-2pm—Op Shop
9.30am-11am—Christian
Meditation
community room and church

WEDNESDAY 13 MAY

9am-2pm—Op Shop
10am-12pm—Women's Fellowship
upstairs hall & church
7.30pm—Church Exec meeting

THURSDAY 14 MAY

9am-2pm—Op Shop

FRIDAY 15 MAY

5pm—Fusion Youth Group
"Master Chef"

SATURDAY 16 MAY

No Scheduled Activities

SUNDAY
17 MAY

8am—Worship

9.30am—Worship

KUCA —Preschool,
Years K-2 & Years 3-8
followed by Morning Tea

6.45pm—Worship



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Something to think about

10 May
Easter 6

Revised Common Lectionary Readings:

Acts 17:22-31
Psalm 66:8-20
1 Peter 3:13-22
John 14:15-21

Being Mindful

Mindfulness is increasingly recognized as a general, learnable life skill rather than just a temporary state of relaxation or a niche meditation practice. It is the practice of paying attention to the present moment intentionally, with curiosity, and without judgment. As a foundational skill, it helps individuals move out of "autopilot" mode—where they react habitually to stress—and into a "being" mode which engages very little consciousness, allowing for more deliberate, effective responses to daily challenges.

Christian mindfulness is being mindful of God. Paul in his proclamation to the people of Athens at the Areopagus (Mars Hill) in Athens, presents the idea that "For in him we live and move and have our being" [Acts 17:28] Jesus calls his disciples to abide in him. [John 15:4] The writer of 1 John writes that those who live in love, live in God and God lives in them. Christian mindfulness is being aware and conscious of this reality in our daily living, being mindful of God especially including the mundane aspects of normal life where it is easy for God to take a second-row seat in our attention.

Christian mindfulness is being mindful of the presence of God as Holy Spirit and seeking to

manifest the Fruit of Spirit. Christian mindfulness is being mindful, aware and conscious of the reality that we bear the name of Christ who is God with us and that how we act and behave shapes not only how people see us, but how they see God. Christian mindfulness is being more conscious and aware of what living love looks like in our relationships and interactions with others.

Mindfulness is thus a discipline of discipleship. There are various practices or disciplines which can help us develop greater skill, ability and discipline in being mindful. Here neuroplasticity comes into play as a part of our spirituality and discipleship. Neuroplasticity is the way that repeated actions and patterns of thinking become established as primary neural pathways in our brain. Neuroplasticity is the brain's ability to reorganize its structure, functions, and neural connections throughout life in response to experiences, learning, or injury. It allows neurons to adjust their activity, forming new pathways while pruning old ones to adapt to new situations, essentially enabling the brain to change its physical structure throughout life.

Mindfulness practices such as mindfulness meditation, Christian meditation, contemplative practices/prayer or other things such as Dialectical Behaviour Therapy (DBT) Mindfulness help us reshape our brains and the way we think through neuroplasticity so that mindfulness is not only a habitual practice, but is a skill which also we can apply in our daily living beyond the routines of mindfulness practices. Regular practice can remodel the brain, increasing grey matter density in areas linked to emotion regulation, memory, and perspective-taking, and when we apply it to our spirituality, we become more able to be aware and conscious of and focus on the presence of God. Once we are tuned into God being with us, then we can be more mindful of who God calls us to be and what God calls us to do.

If we are to be better disciples; if we are to actually follow Jesus as the way, the truth and life; if we are to abide in God as Christ and allow God to abide in us as Holy Spirit, then we need to be more mindful of God. God needs fill our minds and our hearts and our souls. Practices such as fasting, where each time we long for food (or what we have given up) prompts us to be mindful of the reason for our fasting can help with us being more conscious of God and what God calls us to be and do.

Here is a great description of contemplation as a practice of Christian mindfulness by Fr Richard Rohr. It is titled,

'What is Contemplative Prayer and Why is it so Needed?'



<https://www.youtube.com/watch?v=b0o5J0-8OAO>

As Richard Rohr explains so well, when the Apostle Paul writes to pray without ceasing or in all things, [1 Thessalonians 5:17] it isn't about saying prayers such as the Lord's Prayer or having a mental conversation with God going on in our head all the time. It is about being in prayer. Christian mindfulness is therefore a form of prayerfulness. Paul does write in

Ephesians 6:18 "pray in the Spirit on all occasions with all kinds of prayers and requests. With this in mind, be alert and always keep on praying for all the Lord's people," but here Christian mindfulness or contemplation can be seen as "being alert" and one of the different kinds of prayer.

Mindfulness in general is the practice of paying attention or being alert to the present moment intentionally, with curiosity, and without judgment. Christian mindfulness or contemplative prayer is as Richard Rohr explains, where we have wired (or rewired) our mind "so that everything we do is connected in loving union with the moment with whatever's right in front of [us]" – being mindful that this loving union involves God being very much present with us, and with those that we are with, and in that which is happening.

Being more mindful of God is therefore, by definition, something to think about.

God bless.

Jon

PEOPLE NEWS

**HAPPY
BIRTHDAY**



Sue Campbell

Lachlan Wood

Barbara Brenden-Cook

Albert Olley

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

Ecumenical Prayer Cycle

10—16 May

India, Pakistan, Sri Lanka



Sympathy to Margaret Benoit and

family on the sad passing of

Geoff Benoit on Saturday 2 May 2026.

A funeral service will be held for Geoff

at Castlebrook Crematorium on

Monday 11 May at 2pm in the garden

Chapel.

Weekly SYNOD SPOTLIGHT

Uniting Church Synod of NSW and the ACT

Uniting Church Synod Spotlight Newsletter

For (1 May 2025) please see link to Synod weekly:

[Synod Weekly Spotlight 2026 - 1 May |](#)

St Matthew's

HAPPY HOUR!

At The Winston

170 Caroline Chisholm Drive, Winston Hills

**29
MAY**

**5:30 PM
FRIDAY**



COME AND SHARE IN SOME HAPPY CONVERSATION, A DRINK AND SOME FOOD WITH FRIENDS FROM ST MATTHEW'S.



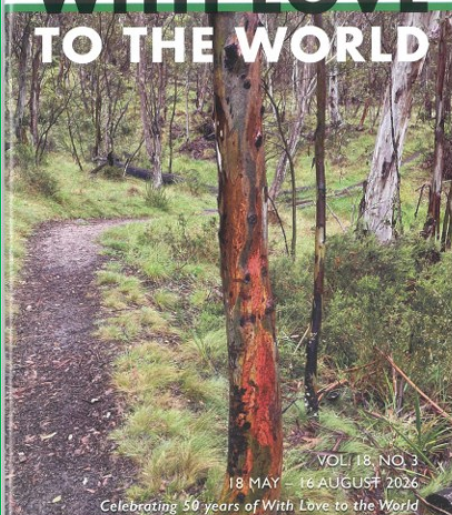
RSVP to Belinda or just come along
belinda.schuster0709@gmail.com

1976-2026



PENTECOST

WITH LOVE TO THE WORLD



PENTECOST

WITH LOVE TO THE WORLD

a daily Bible reading
guide based on the
Revised Common
Lectionary

**Volume 18,
Number 3**

**18 May
To**

16 August 2026

is available
in the church foyer.

**Please place \$7
in offering bag
to cover costs.**

VOL 18, NO 3
18 MAY - 16 AUGUST 2026

Celebrating 50 years of With Love to the World

Parramatta Mission

We are collecting knitted and crocheted beanies and scarves, as well as soap, for the people who visit Parramatta Mission for meals and support.

The collection point at St Matthew's is the marked box at the top of the stairs

Please contact Christine Haines for more information.



For the second year running Hugh Darling will be participating in the Police Legacy fundraising ride from Sydney to Canberra from the 29th May to 31st May 2026, some 300 kms over the 3 days. Police Legacy is there to support families and loved ones of fallen Police Officers here in NSW, and having 2 sons serving in the NSW Police this is a cause close to his heart and that of his family. At least one of our members is also currently in the NSW Police Force.

Hugh's fundraising goal is \$1,000.00.

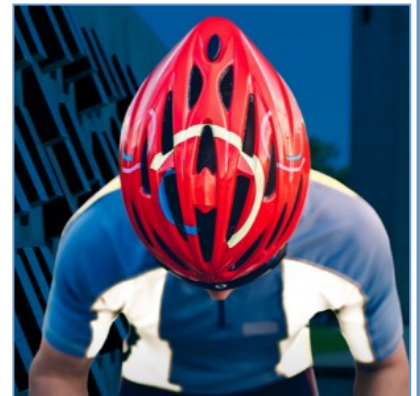
Detailed below is the link to his fundraising page and any donation amount would be greatly appreciated.

<https://www.policelegacynsw.org.au/my-fundraising/1044/hugh-darling>



NSW POLICE LEGACY

Caring for the
Police Family



Ness Williams-Henke and Jon are back with their all-age / intergen podcast, 'On the Way with Ness and Jon.' It has a new look to make it more appealing to all ages. This has taken some time to get set up. The latest season is ready for Pentecost and After Pentecost, looking at the Fruit of the Spirit.

Watch on YouTube

<https://www.youtube.com/@OnTheWaywithNessandJon>

or listen wherever you listen to podcasts

**LET'S CHAT ABOUT
LIFE AND FAITH**



On The Way with Ness and Jon

@OnTheWaywithNessandJon • 7 subscribers • 10 videos

On The Way is all about having great conversations about life and faith. Jon and ...more

 Subscribed 



Why Is Love A Fruit Of The Spirit?



What Is The Fruit Of The Spirit?



You are invited to join with us for
'Australia's Biggest Morning Tea'

being held at the home of
Dulcie & Peter Duncum
Friday 29th May.

Everyone is welcome,
so please come and join with us
from 10am

in support of the work and fundraising of the
Cancer Council and of our many friends
who have journeyed with cancer.

Bring your friends also.
We look forward to your company.



Please see the link
below should you
wish to make a
donation to Dulcie
Duncum's Biggest
Morning tea.

**We're hosting a
Biggest Morning Tea**
Please help us
support people
impacted by cancer!



Barry Gregory
0425 815 340
Dulcie Duncum
0417 070 848

<https://www.biggestmorningtea.com.au/s/4825/159157/e>



Hills Relay for Life

16th & 17th May 2026

25th Relay in the Hills
Community at Castle
Hill Showground.

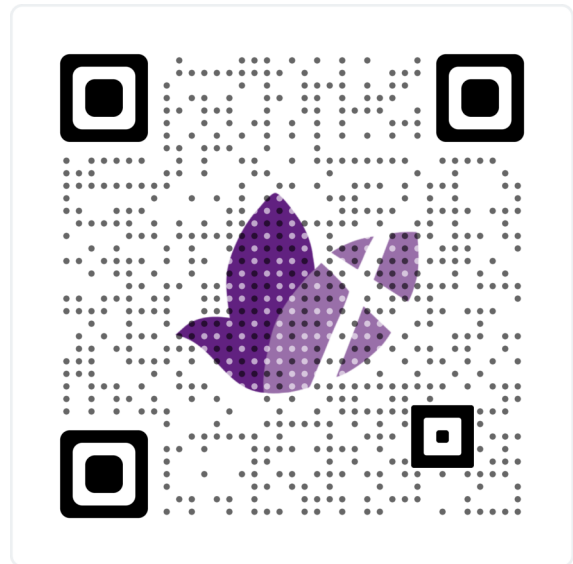
Fundraising for cancer
research.

For more information

Search

'Hills Relay for Life'

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



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.

St Matthew's Social Action Missional Ministry Team

How doing little things makes a big difference.

Topic: Domestic & Family Violence (DFV) Month – March for Change

On Friday 1st May, as part of Domestic Violence Awareness month, Jon, Sandra and Amanda of the SAMT team marched together in the 'March for Change' at Castle Hill for an end to domestic and gender-based violence in The Hills area. Every week in Australia on average one person is killed by their partner or a former partner. Many more experience abuse and violence. Domestic and family violence is no longer a private matter, it is a whole-of-community issue.

At the gathering after the march, we listened to talks



by Michelle Byrne the Hills Shire Council Mayor, Detective Chief Inspector Chris Laird who is the Crime Manager at the Hills Police Area Command, Anita Fisher the Community Worker at Hills Community Aid, Jessica McClaren the Principal Solicitor of Western Sydney Legal Service (WSLC) and representatives of The Castle Hill RSL Group (CHRG) 'Recognise, Respond, Refer' campaign.

We learned about a pilot program from Click Collab called 'The Hills Zero DFV Navbook' which is the result of the collaboration of DFV organisations, including advocates and frontline workers. Co-designed over six

months with input from survivors, police, faith leaders, businesses and locals, the Navbook provides clear, practical pathways for how communities can work together to prevent DFV before it starts.

DCI Laird spoke about the new coercive control laws and mentioned that The Hills Police Area Command currently have three cases going through the legal system and that everyone involved is still learning about how the laws are to be implemented, what the definitions are and how to progress these cases through the legal system.

Anita Fisher, Community Worker, Hills Community Aid spoke about their video for their 'See the Signs - Red Flag' campaign. The link is on the webpage. <https://hca.org.au/safecommunities/> She also mentioned the podcast 'The Good Men Don't' <https://www.chrg.com.au/blog/good-men-dont-podcast-launch/>

We learned about the need for a single nationwide definition of DFV. Currently each state government



has a different definition. Also there needs to be

federal legislation for financial protections for victims of DFV and coercive behaviour especially for superannuation, banking and taxation issues.

There was so much more that I can't fit in this newsletter. Please email me if you would like a copy of my notes from the day.

The 2026 Domestic & Family Violence vigil will be held at Wesley Uniting Church, 32 Showground Road, Castle Hill on 29th May. You can arrive and leave at any time between 5.00pm and 8.00pm. All are welcome to participate, contemplate, commemorate and honour those who have suffered.

Closing quote from Michelle Byrnes: 'Being silent doesn't bring change'.

*Blessings,
Amanda, Social Action Ministry Team (SAMT)*