

Anam Cara Community



Waterholes: 1 April 2017



Avon River. Photo: Karena King

Welcome

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 2nd April 2017.

Why this newsletter? This newsletter is one of the ways by which we hope to promote community. The Anam Cara Community is intended to be much more than simply a group of likeminded people. We hope it will continue to grow into a community that is a sign of God's presence in and love for the world, a dispersed community of contemplatives whose lives and action bring peace and healing to all of God's children. We are a Community of Prayer, and believe that as we pray together, God calls us deeper into fellowship with one another.

Who is welcome? The Anam Cara Community is proud to welcome anyone, from any background or faith community (or none!). We are an open and inclusive community that affirms the dignity and worth of all humans, the value of the environment, and seeks to model a way of living with one another and the world that points to the love and care of God for everyone. Individuals who wish to formally join the Community are welcome to become associates.

Community News

Well actually... just Jane's news!

Apologies for the delay in Waterholes this week... computer challenges... and a few busy days in Melbourne to celebrate the baptism of my youngest grandchild Arjen James. What a delightful welcoming service we enjoyed at St Augustine's Mentone where Anam Cara Associate Trish Byrne is the Associate Priest... it was lovely to see Trish and husband, Ross (one of our photographers for this week) and enjoy the ministry of Vicar, Andrew Lake. Thank you, for your welcome.

For your prayers

Part of the joy of the Anam Cara Community is the gift of being called to pray for others. If you would like the Community to pray for you, or for someone else, please email or call Jane ([0411 316 346](tel:0411316346) or jemacqueen@gmail.com) who will add them to the prayer list, and ensure they are included in our roster of prayers.

At present, your prayers are asked for:

- Bishop Kay as she leads and ministers amongst the people of our diocese.
- Anne Turner, thanksgiving for the sale of her home and prayers as she prepares to move to Canberra to be close to family.
- For Lyndal as she lives with an aggressive form of Motor Neurone Disease and her family in their care for her.
- Associates and Friends who have asked for our prayers:
- Norma and June
- John in his continuing battle with cancer and his family, Grace and David.
- Pam Clay and the palliative care team as they care for her.
- All who are suffering from the devastation of cyclone Debbie and the flooding throughout Queensland and NSW and all emergency service workers.
- *Refugees and Migrants...* to be continually mindful of the global refugee and migration crises, and the injustices and conflicts that have swelled the statistics to a number greater than ever in the history of the world.

Prayer of the day.

Life-giving God,

your Son came into the world

to free us all from sin and death:

breathe upon us with the power of your Spirit,

that we may be raised to new life in Christ,

and serve you in holiness and righteousness all our days;

through the same Jesus Christ, our Lord,

who lives and reigns with you in the unity of the Holy Spirit, one God, now and forever Amen.

Reflection

Ezekiel 37.1-14; Ps 130; Romans 8.6-11; John 11.1-45

Reflection: The Rev'd Marilyn Obersby

"I am the resurrection and the life!"

I wonder what those words of Jesus really mean to each of us in the reality of our daily lives.

Living out in the countryside, I see the abundance of creation all around me, the extravagance of life everywhere, from the birds to the thickets of trees, even to the spreading weeds and blackberry canes, which aren't such a joy to behold!

Nevertheless, I rejoice in the profligacy around me, the evidence of a profligate and ever-generous God, who gifts us and every part of creation constantly with that abundance.

With the longer period of warmth this summer, many farmers in my district have been able to cut two lots of hay, and many birds have raised two sets of chicks. Nature has celebrated by producing abundantly. For me, this is all part of what Jesus came to offer, and evidence of a loving and generous Creator.

Today's readings in Ezekiel and John are about abundant life – in this case about resurrection and new life. God shows Ezekiel in a vision that old bones can live, that no situation is ever hopeless and that new life and transformation can happen if we allow God to reinvigorate us.

Jesus comes late to a grief filled family – too late it seems by the tone of the narrative. There seems to be reproach in the words of the sisters and some of the villagers, that if he had come immediately when asked, Lazarus would not have died. That may well be true, but Jesus knows what they do not, that he is able to give life to that which no longer lives, through the power of God's spirit within him. And so he restores Lazarus to life.

We know this is no healing of a stranger by Jesus, but one of his closest friends; and we see his deep grief as he feels the finality of that separation, in this life, from someone he loves - and his feeling for Mary and Martha in their grief as well. God's inclination is to create life, not to end it, so this is a confronting moment for Jesus.

Lazarus is called out of the tomb, still wrapped in the shroud. Then Jesus does something further. He invites those present to participate in the miracle, by asking them to unwrap Lazarus from the grave clothes and to let him go. Jesus could easily gone over to Lazarus and done that himself but he invited those present to be part of that life giving process.

Ezekiel was asked to help reinvigorate the people of Israel as they languished in exile, devoid of

hope. Jesus asked those present at Lazarus's raising to take part in bringing about that coming back to life by unbinding him and letting him go free. Jesus invites us to do the same. He gives us life in all its abundance and asks us to be part of bringing about that life in others. When people are unwrapped from the shrouds they have often wound around themselves, which have made their lives so dead and joyless, they truly are set free into that abundant life Jesus promised, and which God delights to give us.

Where we ourselves are still trapped in life sapping, life denying shrouds, may we, this Lenten season, open our hearts to allow God to release us into the freedom of life promised to all God's children, so we too may play our part in enabling that life giving process in others. Amen.

**There are so many reasons to give up, O God.
Help us not to do that.
Help us to know that in the midst of all the despair
we encounter in daily newscasts,
you are indeed present in our lives,
daring to bring hope in the midst of it all,
and challenging us to do the same. Amen.**

Photo Reflection



Maits Rest, near Apollo Bay. Photo, Ross Byrne

Further opportunities for Spiritual Nurture

1. Breathing Space at St Paul's Cathedral during Lent.

Mondays to Thursdays during Lent [5.15pm - 5.45pm](#), Lady Chapel, St Paul's Cathedral Sale

A short time of reflection, silence, thanksgiving and intercessory prayer and sharing our Lenten stories.

All welcome

2. Meditation at St Paul's Cathedral, Sale.

Christian Meditation is a spiritual wisdom and a practice leading from the mind to the heart. It is a way of simplicity, silence, stillness and openness to God. It can be practised by anyone, wherever you are on your life's journey. It is only necessary to begin – and to keep on beginning. Contact:

Susanna Pain susanna.pain@gmail.com

This practice is in the tradition of the World Community for Christian Meditation <http://www.wccm.org/>

3. Meditation - the chapel of St James, Traralgon

A group of people who are exploring the inner journey regularly meet for prayer and meditation together. We meet twice a month on the 2nd and 4th Monday mornings [at 10 am](#). During the hour we spend together we share the reading of scripture, prayer and music. There is a long period of silent meditation. To sit in silence together before God helps us to recognise God in the complexities of our lives. In the depth of our being there is always a sanctuary filled with God's presence. We can go there in silence to be and to listen. All are welcome.

4. Bass Hill Hermitage

Thinking about making a silent Retreat?

Bass Hill Hermitage is on the Bass Coast, near Phillip Island. The Hermitage has its roots in the traditions of Christian Spirituality. It is a perfect place to reflect, pray and deepen your relationship with God. Beginners, as well as experienced retreatants are welcome. They offer **directed and self-guided retreats as well as on-going Spiritual Direction and Supervision.**

The Hermitage can also be booked for a 'Quiet break' or some 'Time Out'. Visit the informative website:

www.basshillhermitage.com.au for more information.

Support on the journey

The Anam Cara Community's ministry is to be a support to those who are on the inner journey into God. Each person's journey is different, and we recognise that there are some for whom the Christian tradition is difficult or not supportive. We're committed to finding ways to hear the needs of each Associate, and support them as we can.

Contacts:

- *Website:* www.anamcaragippsland.org
 - To subscribe to or unsubscribe from the mailing list contact Jane
 - *Soul carer (Community Leader):* Jane ([0411 316 346](tel:0411316346) or jemacqueen@gmail.com)
 - *Secretary / Librarian:* Sue [03 5182 5542](tel:0351825542)
 - *Treasurer:* Kate
 - *Postal mail:* Anam Cara Community c/o PO Box 928, Sale, VIC 3850
 - *Diocesan Director of Professional Standards (to make complaints or express concerns about our ministries):* Ms Cheryl Russell [0407 563 313](tel:0407563313), cherylr@gippsanglican.org.au
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Love and prayers

Jane Macqueen

On behalf of the Servant Leaders

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