

**Anam Cara Community**



## ***Waterholes: 9 September 2017***



The Barron Falls, near Kuranda, Queensland. Photo Ross Byrne

## **Welcome**

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 10 September 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.

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## Coming Events

### Quiet Day

Simplicity and stillness

Come, rest, reflect, renew, refresh...

**Led by Dean Susanna Pain**

**Saturday 14<sup>th</sup> October 2017**

St Paul's Cathedral, Sale.



*God help us to live slowly:*

*To move simply:*

*To look softly:*

*To allow emptiness:*

*To let the heart create for us.*

*Amen*

**Michael Leunig**

**9.30am – 3.30 pm**

What to bring: your lunch, pen & notepad.

Tea/coffee/water & Morning Tea provided.

Donations welcomed nil - \$15 depending on means.

## 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](mailto: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 in her ministry and leadership, giving thanks for her ministry amongst us and for her calling to be Archbishop of Perth.
- The registry staff, Brian, Annette, Kellie, Sue and David.
- Robyn and Alan Cadwallader as they prepare to lead a day on 'Body and Soul' at the Cathedral next Saturday (details below). For those who will attend, refreshment and encouragement.
- Edie Ashley and the Abbey Chapter, all who will join in the retreat with St Clare and St Francis (details below). For this new stage in the journey of the Abbey.
- Associates and Friends who have asked for our prayers:
  - Norma and June.
  - Joan Smith, for clarity around treatment options for hip and back pain.
  - For all suffering from the ravages of floods and natural disasters. For aid to be distributed to those most in need. For informed conversations and discussions around issues of climate change and the effects of urban planning decisions.
  - For peacemakers in our world. For political leaders in their discussions and decision making.
  - For all refugees and asylum seekers across the globe.

### Prayer of the day.

Go before us, O Lord,  
and further us with your continual help,  
that in all our works,  
begun, continued, and ended in you,  
we may glorify your holy name,  
and finally, by your mercy, obtain everlasting life;  
through Jesus Christ our Lord,  
who lives and reigns with you in the unity of the Holy Spirit, one God,  
for ever and ever. **Amen**

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# Reflection

**Focus scripture: Exodus 12:1–14**

**Additional scriptures: Psalm 149; Romans 13:8–14; Matthew 18:15–20**

## Remember, Restore, Renew.

Community is formed in ritual, learning, service, and worship. The Hebrew people received God's grace and compassion in the gift of the Passover and in remembering this experience of liberation. Today, Jesus' disciples continue to remember and celebrate God's saving works in loving, disciplined, worshipping communities.

**Focus scripture: Exodus 12:1–14**

This week's story follows after God's action to achieve the Hebrews' release from Egypt through Moses' repeated pleas to Pharaoh for liberty. The stories in Exodus imagine a test of the gods. In the ancient world, a diverse group of gods was thought responsible for the fate of humans. The Passover story recalls and celebrates God's identity as the one, true God who acts to save.

On this first Passover, the enslaved Hebrew community prepared for an epic journey. It was to be a political journey, from slavery to freedom. It also was to be a journey toward community culture and identity. At the beginning of the journey, the Hebrews were a diverse people. After receiving God's law at Sinai (Exodus 19–20), they became a people in a covenant relationship with God. By the end of the journey recounted in Exodus, the Hebrews were established as Israelites.

Subsequent generations remembered Passover through worship. The account in Exodus 12 was likely recorded and shaped during the Israelites' later exile in Babylon (587–536 BCE). It reflects how Israelite priests regulated worship through ordinances (v. 14). The ways to select and prepare the lamb and dispose of unusable parts are detailed. Directions about cooking the meat and making sure everyone participates are very particular. Instructions about using the blood are specific. These instructions helped to maintain the form of the annual Passover worship and ritual. In telling the Passover story each year, the Israelites remembered their identity. Ritual and worship worked together to renew and restore the people.

Blood painted onto the frames of the house doorways was a sign of hope for a restored relationship with God. Blood did not save. When God saw this sign, the tenth plague passed over that household. God's liberating justice revealed who God was. God saved. The deaths of Egyptians were due to Pharaoh's persistent injustice. To give life, God did not require life to be taken.

God's creating and saving acts meet in this story. Israelite time and all remembrance festivals begin from this first Passover (vv. 2, 14). This sense of "starting again" recalls creation. Also, people often recognize cataclysms – such as devastating earthquakes, storms, or acts of war – as times of new beginnings. Immediately after the Passover meal and final plague, God leads the Hebrews out of Egypt toward a new life in a new land. Passover is associated with deliverance. God keeps God's promise to save and restore.

In the Passover, the community of Hebrews experienced God's restoration and renewed relationship. In **Psalm 149**, the psalmist remembers such mercy and expresses praise for being God's people.

Paul, in **Romans 13:8–14**, reminds readers of what it means to live as God's people. Relationships with one another and with those outside the community are to be guided by Jesus' interpretation of God's law.

In Jesus' time, God's presence was closely linked with well-disciplined communities. In **Matthew 18:15–20**, Jesus teaches that God's forgiveness is never limited. God always seeks "lost ones" with compassion. When Christian communities live by Jesus' words, God's glory shines through.

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God's deliverance restored and renewed the Hebrew people; later they remembered this gift in Passover worship. In what ways does your community proclaim what God has done in your lives? What rituals help your church remember and celebrate God's promise and purpose?

**God of grace and justice, your presence fed and freed the Hebrew people, and your faithfulness fulfilled the promise of people and land. Be with us today to nourish and sustain our spirit and humanity for Christ's sake. Amen.**

Material from *Seasons of the Spirit* - [SeasonsFUSION](#) a resource for congregations published by Mediacom Education Inc.

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## Photo Reflection



The Captain Cook Highway north of Cairns. Gazillions of people have been making these little rock follies spread over about 50 mtrs on the beach.

Photo Ross Byrne.

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## Further opportunities for Spiritual Nurture

### 1. St Paul's Cathedral, Sale.

Christian Meditation 7.45am - 8.15am every Wednesday

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](mailto:susanna.pain@gmail.com)

This practice is in the tradition of the World Community for Christian

Meditation <http://www.wccm.org/>

Evening Prayer with focus on intercession 5.15pm Mondays

AWAKEN Spring Festival - Speakers with ideas to stretch stimulate and nourish

**Saturday 16th September 2pm-5pm**

Robyn and Alan Cadwallader

**Body and Soul** - the conflicts and the gifts of the past

**Saturday 21st October 1.30pm - 5pm**

**The Earth is the Lord's** - Listening to God in Scripture and Creation

**Graeme Garrett and Jan Morgan**

Alice Springs desert retreat for body and soul 24th - 29th September 2017

Details from Susanna Pain

## **2. The Abbey of St Barnabas**

A retreat : 'With St Clare and St Francis'

6-7 October 2017

Marking an important moment in the journey of The Abbey

Come to nurture the spirit, to enjoy community, to be inspired by God's creation, to celebrate, to give thanks, to pray.

Following a process of discernment The Abbey Chapter has decided to adopt the Franciscan model as the framework for Abbey life and mission.

At this retreat 'With St Clare and St Francis' we will revisit the lives of St Francis and St Clare reflecting on their spirituality, pattern of prayer and way of being church.

We will reflect on our journey at The Abbey through the lens of St Francis and St Clare and we will look forward in anticipation.

Eucharist, led by Bishop Kay, marks the moment with thanksgiving.

Lunch shared - a time of celebration. The Chapel will then remain open for silence and prayer.

### **Cost per person**

**Residential:** Incl. [dinner Friday, breakfast](#) & [lunch Saturday](#)

twin/share accommodation: \$135

single accommodation: additional \$35

**Non Residential:** incl. [dinner Friday, breakfast](#) & [lunch Saturday](#): \$85

To book or further information contact The Abbey on [\(03\) 5156 6580](tel:0351566580) or [info@theabbey.org.au](mailto:info@theabbey.org.au)

## **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](http://www.basshillhermitage.com.au) for more information.

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## 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](http://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](mailto: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](mailto:cherylr@gippsanglican.org.au)
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Love and prayers

Jane Macqueen

On behalf of the Servant Leaders

*APBA & NRSV portions, TiS hymns 'Reprinted with permission.*

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