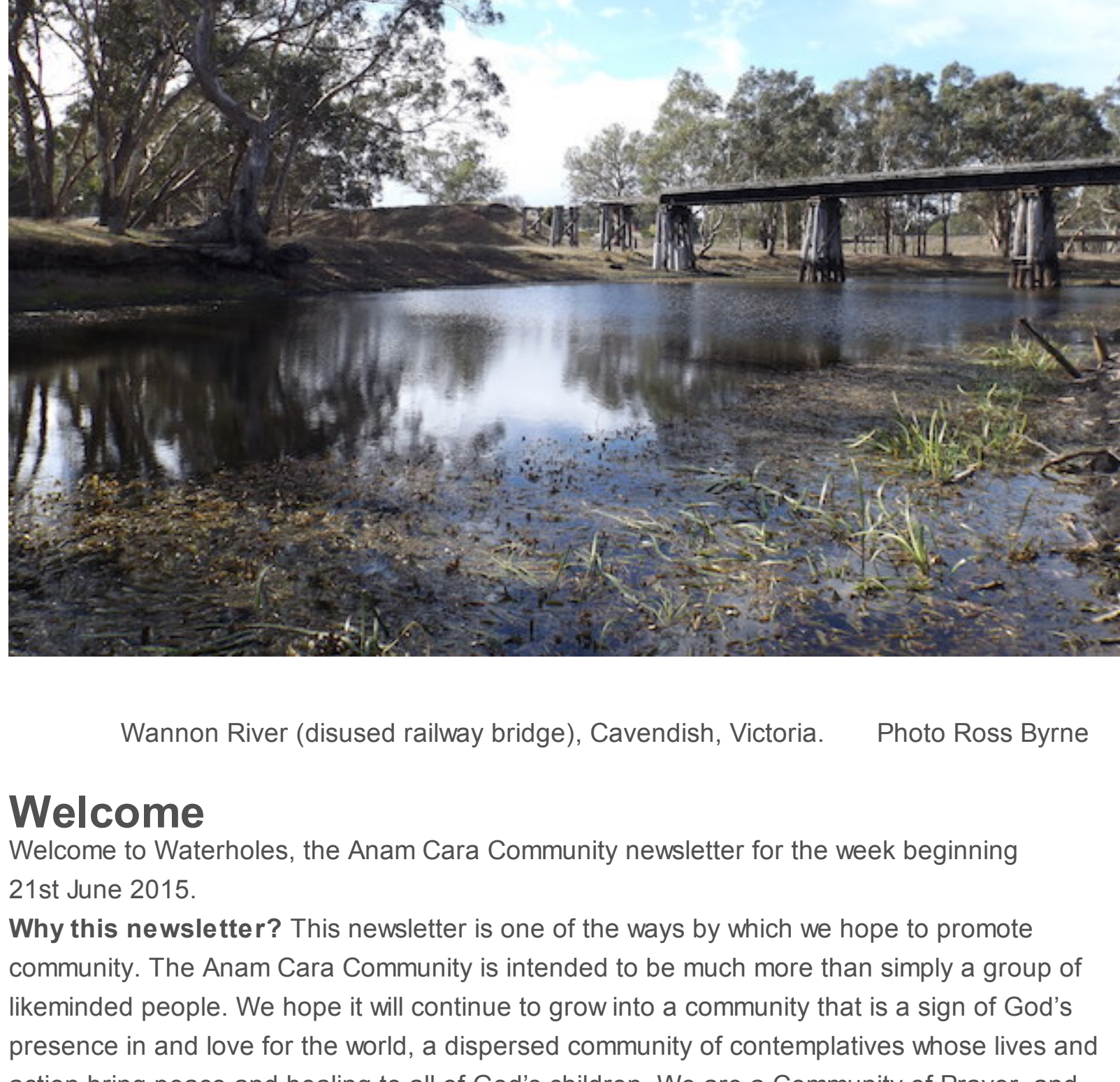


# Anam Cara Community

## Waterholes: 20 June 2015



Wannon River (disused railway bridge), Cavendish, Victoria. Photo Ross Byrne

### Welcome

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 21st June 2015.

**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.

### Coming Community Events and news

#### August Quiet Day

- Saturday 15th August
- St James Anglican Church, Grey St Traralgon

#### Photos for Reflection

Thank you to Ross Byrne and Julie Brackenreg for their photos in todays edition of Waterholes. Many Associates appreciate the visual images that encourage contemplation. Once again I am looking for my faithful contributors as well as other Associates who are handy with the camera to share photos for our reflection. Photos taken in the 'landscape' rather than 'portrait' direction are best for Waterholes. I appreciate photos including some water... as we trust that this newsletter is a 'spiritual waterhole' for our readers and also photos of anything that leads you to reflection and contemplation for the second photo. I look forward to your offerings emailed to me at [jemacqueen@gmail.com](mailto:jemacqueen@gmail.com)!

### 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:

- The family and friends of those killed in the shooting at the Emanuel African Methodist Episcopal Church in Charleston. For their words of forgiveness and calls for peace to touch the lives of others in this time of deep pain. For the shooter and his family. For all whose lives have been shattered by violent acts.
- Bishop Kay and the Registry staff, Brian, Annette, Bronwyn and Danielle.
- Bishop Genieve Blackwell commissioned as a new bishop for the leadership team in Melbourne. For her husband John and children Baith and Harry.
- Thanksgiving as it is announced that David Head has been appointed as Rector of the parish of Morwell. Prayers for David, the parish of Morwell and the parish of Heyfield.
- Sue Hopkins following unsuccessful surgery to remove stones from her bile duct. Prayers for pain relief and successful treatment in the coming month.
- Elizabeth, for the safe delivery of her 5th child and for Jane as she will be her support person during the labour.
- Associates who are unwell and have asked for our prayers: Barb Logan, Chris Venning, Norma and June.
- Chris Venning as he discerns the next stage of his ministry.
- Karena King.
- For the people of Nepal & Vanuatu struggling to recover from the devastation of natural disasters.
- For all involved in the Royal Commissions investigating child sexual abuse and family violence, especially for the victims; their care and support. For the people of Ballarat, all survivors and their families in their continued suffering.
- For Victims of Domestic Violence, Unwanted Children, Women's Refuges, Rehabilitation Centres – Halfway Houses, & those who support them.
- Leaders and families in our Muslim community as they care for their young people to inspire lives of peace and life and not terror and death.
- All families around the world touched by tragedy as a result of the inhumane actions of others, the people of Yemen, Pakistan, Nigeria, Syria, Iraq, hostages and prisoners and those suffering who are known only to God.
- For all refugees and asylum seekers for safety, protection and just treatment. For all in positions of authority to form policies with justice and compassion.
- **A Prayer for Refugees on this World Refugee Day**  
God, you are the source of human dignity,  
and it is in your image that we are created.  
Pour out on us the Spirit of love and compassion.  
Enable us to reverence each person,  
to reach out to those in need,  
to value and appreciate those who differ from us,  
to share the resources of our nation,  
to receive the gifts offered to us by people from other cultures.  
Grant that we may always promote the justice and acceptance  
that ensures lasting peace and racial harmony.  
Help us to remember that we are one family.  
We pray in the name of Jesus, who knew the life of a refugee. **Amen.**

Some of our Associates are in a place where we are privileged to offer ongoing prayers for them:

- Anne Turner as she faithfully continues her ministries of soul care and prayer and journeys with her deteriorating body.
- Larissa Dial and her family as Larissa continues to struggle with relapsed ovarian cancer and receives palliative chemo.

A number of parishes in our Diocese are seeking new incumbents. I include this prayer to encourage us in our prayers for the diocese and for wisdom and discernment for all clergy appointments advisory boards.

#### A prayer at the time of choosing an Incumbent.

Bountiful God,  
give to these parishes faithful pastors  
who will faithfully speak your word  
and minister your sacraments;  
an encourager who will equip your people for ministry  
and enable us to fulfil our calling.

Give to those who will choose, wisdom, discernment and patience,  
and to us give warm and generous hearts,  
for Jesus Christ's sake. Amen.

#### Prayer of the Day

O God our defender,  
storms rage about us and cause us to be afraid:  
rescue your people from despair,  
deliver your sons and daughters from fear,  
and preserve us all from unbelief;  
through Jesus Christ our Lord,  
who lives and reigns with you and the Holy Spirit,  
one God, now and for ever. **Amen.**

### Scripture Reflection

#### 4th Sunday after Pentecost

1 Samuel 17.(1a, 4-11,19-23) 32-49) and Ps 9.9-20 or 1 Samuel 17.57-18.5, 10-16 and Ps 133;

2 Cor 6.1-13; Mark 4.35-41

from Associate, Retired Priest, the Rev'd Joan Smith of Canberra

#### Freedom from Fear of Giants and Storms

1 Samuel 17: 38-49

David proclaims a central truth for the whole gospel: "The Lord does not save by sword and spear" - or by armour either! A central moment in the David and Goliath story occurs when David dons Saul's armour and tries to walk. What a cartoon moment! - David tripping over himself, waddling and squeaking, trying to find a way to walk under the weight of this cumbersome armour.

David quickly realises that moving in Saul's armour is impossible for him! Protection suitable for war is detrimental, even dangerous to the shepherd. For David, the saving grace was not social convention or the protection that everyone used, but the courage to follow his own course. While he invited and considered the wisdom of those around him, he also listened carefully to the deeper wisdom that arose from his relationship with God.

What, I wonder, in our lives is the armour we wear to protect us that actually hampers our progress and burdens us instead? May we, like David, recognise and remove that armour which impedes us rather than protecting us, and use the gifts and guidance God gives us particularly, for in this is our ministry and our salvation.

Has someone ever called you courageous, when inside you knew we were scared witless? *Courage* is an "observer" word: It describes the largeness of heart you observed in another who, though frightened, still enters the burning building, faces the armed giant, or tells the truth. If we act, even in the face of danger, it is not because we weigh the risks against our limitations or because we feel brave. Rather, it is because we're focussed intently upon the urgent need.

This was the case with the man who, after an airline crashed into the Potomac River in the USA some years ago, swam into the icy water and led person after person safely to shore before his own limbs stopped working. This was the case with David who did not concern himself with his odds of winning or the enormous difference between Goliath's armoured fierceness and his own simply clad vulnerability. Both the swimmer's and David's focused, compassionate urges gave life to many.

What can prepare each of us to respond as part of God's saving work is the earnest desire to align our lives with God. Through daily devotion and meditation, weekly worship, and small-group study, we can become focused, unselfconscious, and "tuned" to the rhythm of love and service for the Lord. May we be faithful in these practices so that, whatever the risks, when we feel the nudge of need around us, we may be open to the song of God's grace.

#### Mark 4:35-41

Have you ever been caught in a storm on the sea, or felt the threat of being overcome by the sudden power of the wind and the waves? I have! I well remember a rather 'hairy' crossing from Fremantle to Rotnest Island a few years ago, with the tide and the wind against us! If you have had a similar experience, then perhaps you can sympathise with the reaction of the disciples who, when the waves were swamping the boat, more or less demanded that Jesus do something about their plight. After all, the trip across the Sea of Galilee was his idea!

Whatever the cause, the disciples were very frightened. They woke Jesus, and he heard their fear. Mark writes that Jesus "rebuked the wind". With one command he stilled the sea and restored its calm. Can you imagine such power? The disciples certainly were amazed. They had a mighty God moment as they appreciated what Jesus had done for them.

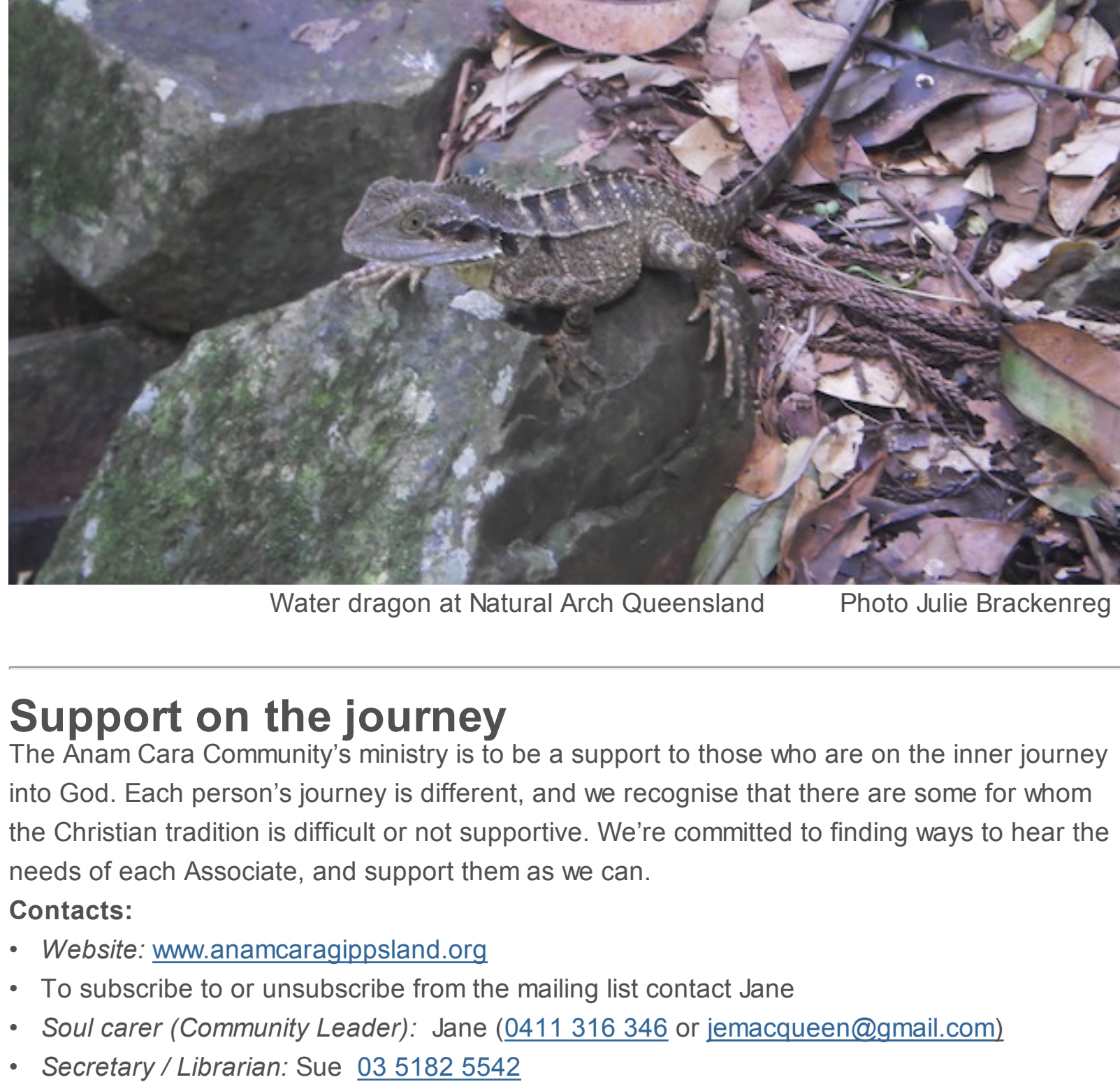
The boat is one of the earliest symbols of the Christian church; the storm is a metaphor for risk, chaos and danger. Jesus demonstrated authority over the watery chaos, an authority usually associated with God. The disciples did not understand it. They lacked faith even though they saw Jesus' power to still the storm and even though they reached the other side of the sea safely.

We hear the stories of Jesus; we see the miracles; and sometimes we experience a mighty God moment – a moment when we know our life has been saved. When we are in a storm, Jesus is there. He not only shares our chaotic predicament, he has the power to do something about it. And this is true, not only for our own lives; it is also true for the life of the church. When the church is in chaos and facing troubling times, Jesus has the power to still the church's storms and give us peace.

God pursues us every moment. Jesus is with us in the storm as he was with the disciples in the boat. May the grace of God fill us with awe so that we may experience God's love and power. AMEN

*Acknowledgement: I am indebted to the publication "The Upper Room Disciplines" for the ideas expressed about these two Lectionary readings.*

### Photo Reflection



Water dragon at Natural Arch Queensland Photo Julie Brackenreg

### 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, PO Box 708, 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)

Love and prayers

Jane Macqueen  
On behalf of the Servant Leaders

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