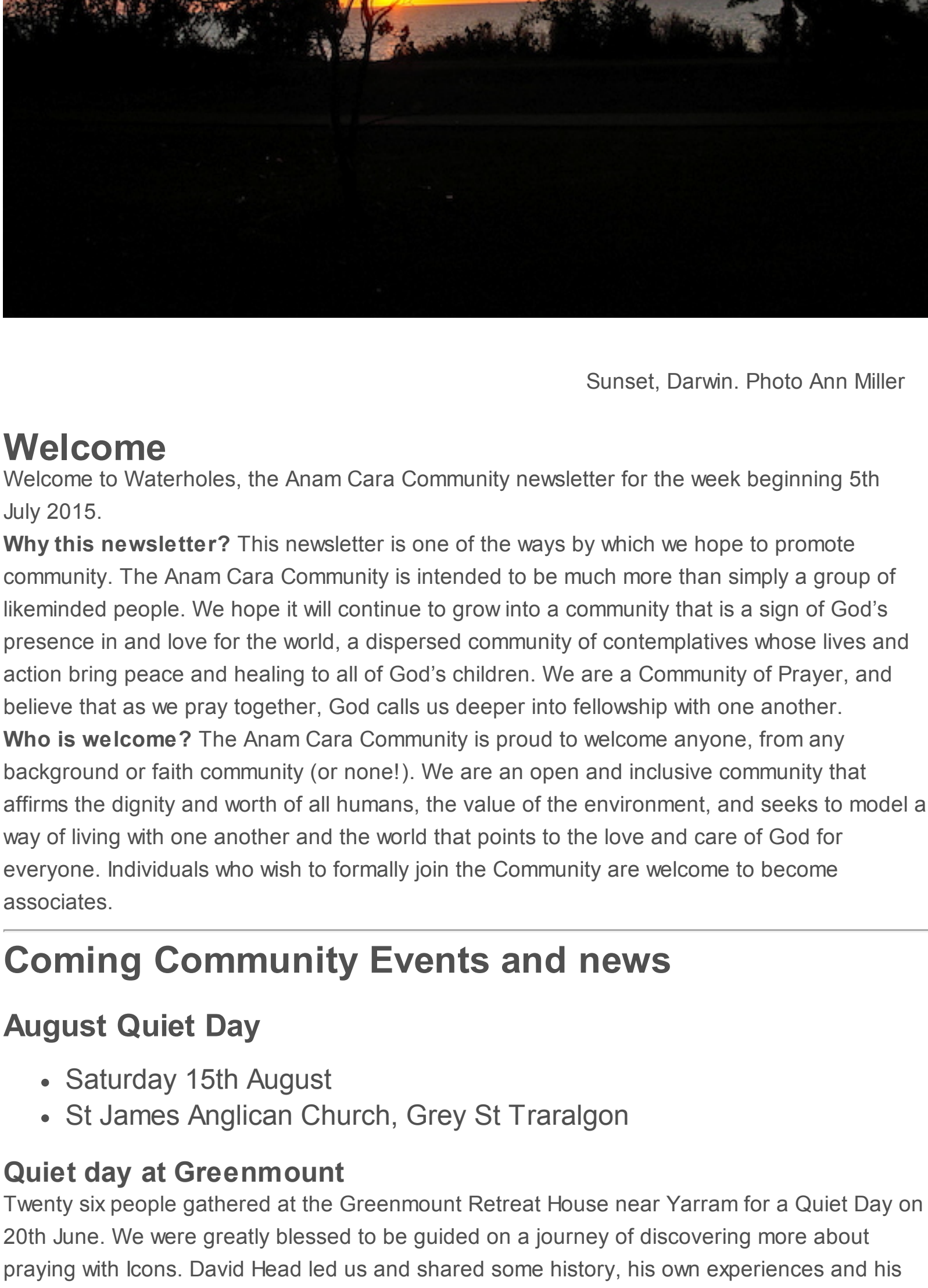




Waterholes: 4 June 2015



Sunset, Darwin. Photo Ann Miller

Welcome

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 5th July 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

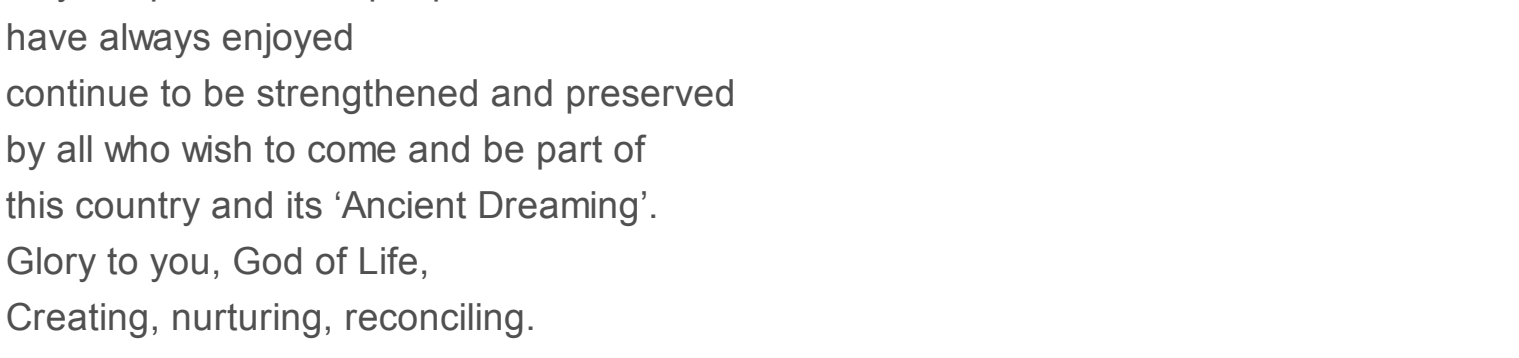
August Quiet Day

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

Quiet day at Greenmount

Twenty six people gathered at the Greenmount Retreat House near Yarram for a Quiet Day on 20th June. We were greatly blessed to be guided on a journey of discovering more about praying with icons. David Head led us and shared some history, his own experiences and his icons. In the afternoon we journeyed under David's guidance with Rublev's Trinity icon. What a blessing to allow ourselves to be lifted into the presence of God in a way that was new to many of us. Note: Watch for the July edition of TGA for an article written by David sharing some of his reflections from the day.

We were very thankful for the hospitality of the Emmaus Ministries a joint project of Campion Centre of Ignation Spirituality and the Sale Catholic Diocese. Our hosts joined us in the day and offered us a wonderful gift of love and hospitality.



Photos from the Quiet Day at Greenmount by Karena King

Photos for Reflection

Thank you to those who sent photos! This week we are enjoying offerings from Ann, Jan and Karena. Please continue to email me photos as you find them. Don't ever feel concerned that your photo might not be 'good enough!' The photos are a good way to continue to build community as we share memories from places we have been with others. I look forward to your offerings emailed to me at 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) 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:

- Grace and respect to be shown as our country celebrates NAIDOC week.
- The parishes of Avon, Bairnsdale, Bass/Phillip Island and Churchill/Boolarra/Yinnar.
- David Head and the parishes of Heyfield and Morwell.
- Chris Venning following his retirement on 1st July from ministry as Uniting Agewell chaplain for Northern Tasmania. For his move to Bendigo, discernment for future ministry and his ongoing medical treatment.
- Sue Hopkings for pain relief as she awaits further surgery on 13th July. For a successful outcome in removing the stones from her bile duct.
- Thanksgiving for the safe delivery of Elizabeth and Samuel's daughter Kuir on 30th June.
- Associates who are unwell and have asked for our prayers: Chris Venning, Norma and June.
- The injured and grieving following the terrorist attacks in Tunisia, France and Kuwait.
- 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 the people of Nepal & Vanuatu struggling to recover from the devastation of natural disasters.
- Associates who are unwell and have asked for our prayers: Barb Logan, Chris Venning, Norma and June.
- 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.

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 Prayer for NAIDOC Week.

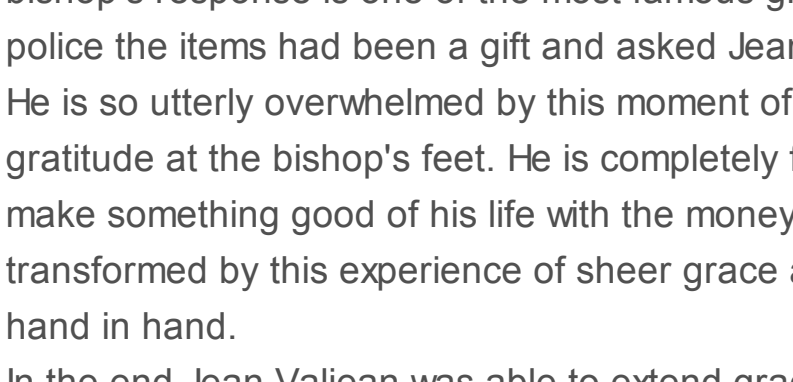
Creator of all things,
both seen and unseen,
speak to us in your great wisdom.
Make us strong as we seek
your help and guidance.

Teach us to love all people
regardless of race or colour or belief.
May we listen with great care
to the heartbeat of this land
and to its people
who cared for it so well
and for so long.

May the peace these people and their land
have always enjoyed
continue to be strengthened and preserved
by all who wish to come and be part of
this country and its 'Ancient Dreaming'.

Glory to you, God of Life,
Creating, nurturing, reconciling.
Glory to you forever. **Amen**

Elizabeth Pike. http://www.natsicc.org.au/resources_liturgy.php. Used with permission.



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 Lord our God,
you are always more ready to bestow
your good gifts upon us
than we are to seek them;

and more willing to give
than we desire or deserve:

in our every need,
grant us the first and best of all your gifts,
the Spirit who makes us your children.

We ask this through our Lord Jesus Christ, your Son,
who lives and reigns with you in the unity of the Holy Spirit,
one God for ever and ever. **Amen.**

Scripture Reflection

6th Sunday after Pentecost

Reflection: by The Rev'd Anne Turner, elder of the Anam Cara Community and joint locum, parish of Avon

The Lectionary readings set for today, 2 Samuel 5:1.9-10; Psalm 48; 2 Corinthians 12:2-10; Mark 6:1-13, are summed up in the "Seasons of the Spirit" worship resource with the words:

"Trusting in the power and love of God, who desires us to experience justice, wholeness and peace, often doesn't translate into the miraculous transformation of the world around us. Instead, our efforts are often met with rejection, suffering and failure. Yet God is continuing to work in and through our weaknesses and human limitations. Our call is to continue to follow God's lead and continue to work towards a more loving and peaceful world."

It is not my intention to comment on all the readings. These days my way of presenting a reflection is to use the 'Lectio Divina' method of prayer (sacred reading) by slowly reading each passage several times and becoming aware of any particular words or phrases which stand out more than others. 'Hit my gut' if you like!

This week it was the words from Paul's second letter to the Corinthians, *"My grace is sufficient for you for my power is made perfect in weakness."*

Following the pattern of Lectio Divina, I then spent time each day repeating these words in my mind and heart, even out loud. This method led me into silent listening and meditating upon the words, until I can translate my meditation into words and prayer.

As I offer these words I am indebted not only to 'Seasons of the Spirit' resource, but also 'Disciplines' from Upper Room and the evangelical writer Philip Yancey's book of the 70's *'What's so Amazing About Grace.'*

"My grace is sufficient for you, for my power is made perfect in weakness". God spoke these words into St. Paul's heart and soul as Paul asks three times for the "thorn in his flesh" to leave him.

We all have our "thorns" to face in life and deal with, and we do know God can and does heal as we heard in last week's gospel in the healing of the woman who had been bleeding for many years and Jairus' daughter.

We can all identify with Paul I am sure. No one likes pain, suffering or weakness of any sort. Paul is wanting to stress here the centrality and importance of God's grace and God's power which is made perfect in weakness. This is so contrary to the world view on power isn't it?

Well what IS this grace we speak of often in all kinds of contexts? Do we really understand it or even truly believe in it in such a way that our lives proclaim it as powerfully as our words? I have come to believe this is not a concept to be explained theologically so much as it is to be experienced, and is best illustrated through story.

The deepest central truth of the grace of God is that we can do nothing in our own power or strength to make God love us more or love us less.

It is the free gift of God for us to just receive without any struggle to work for or earn. Grace is a completely free and undeserved gift God offers us if we are willing to surrender ourselves, empty ourselves of our ego needs. We need to create space and awareness to receive and experience this amazing gift of grace.

"The thorns of life that bring us to our knees remind us of our own weakness, as well as our need for God's grace. That sense of utter helplessness lies at the heart of our spiritual journey." (Disciplines)

Paul knew better than most that grace comes undeserved, as God's initiative and not our own. We all know so well how Paul, in the midst of his persecution of Christ followers was knocked flat on the ground on his way to Damascus. He encountered God in Christ and believed. He never recovered from the impact of this experience of grace. The word grace appears usually no later than the second sentence in every one of his letters.

As the theologian, Frederick Buechner wrote *"grace is the best he can wish them because grace is the best he himself ever received"*

I do know I am experiencing God's power in weakness more and more on my journey into God and the paradox Paul speaks of in verse 10. *"Whenever I am weak then I am strong"*, even in being able to write this Reflection.

Take a moment now and pause, be still, go within and allow the Holy Spirit to bring to your remembrance a time when this has been your experience-----what are the thorns in your life-----

Philip Yancey tells so many stories to illustrate God's grace at work in people and nations. A story that always brings me to tears is the scene at the beginning of "Les Miserables" when Jean Valjean is caught by police, having stolen from Bishop Myriel who took him in and fed him the previous night. He was hauled by the police to the bishop for punishment. The bishop's response is one of the most famous grace filled moments in literature. He tells the police the items had been a gift and asked Jean Valjean why he hadn't taken the extra silver?

He is so utterly overwhelmed by this moment of sheer grace that he can only throw himself in gratitude at the bishop's feet. He is completely forgiven and told by the bishop to go and make something good of his life with the money he makes from the stolen articles. His life was transformed by this experience of sheer grace and forgiveness; Grace and forgiveness go hand in hand.

In the end Jean Valjean was able to extend grace and forgiveness to his nemesis Javert! Here we have amazing grace demonstrated in a literary novel but the life of Jesus demonstrates par excellence the gift of grace and forgiveness for he is grace personified!

"And the Word was made flesh and dwelt among us, full of grace and truth; we have beheld his glory: as of the only Son from the Father. And from his fullness have we all received: and grace upon grace." (From the Prologue to John's gospel)

For me, this lies at the heart of my motivation to continue on the journey of prayer into God, in Christ and by the power of the Holy Spirit. Simply because I want to experience grace, the fullness of grace upon grace from Christ himself and thus continue to grow into Christ-likeness. This is why the Anam Cara Community came into being, to encourage us all to make this greatest adventure of all, the inner journey of prayer.

We only have to meditate on the Passion of Christ as he cries from the cross *"Father forgive them, they know not what they do"*. Of course we cannot ever go past the story of the Prodigal Son or the Waiting Father, as Henri Nouwen has called it, to see the grace and forgiveness of God demonstrated so powerfully in parable form.

Yes stories and lives of grace and forgiveness go together as we hear the stories which abound throughout the history of humankind.

The ending of apartheid in South Africa and the response of Nelson Mandela to his jailing. The reconciliation of Protestants and Catholics in Northern Ireland to name a few.

George Herbert the poet and hymn composer wrote *"He who cannot forgive another breaks the bridge over which he must pass himself"*

However, how easy it is for me, and I guess all who so greatly desire to live with grace, to demonstrate often what Yancey calls "un-grace".

How often does our "shadow side" rear its ugly head in judgement, criticism, condemnation, anger, revenge, retribution, hatred, greed, abuse; the list goes on and on. Un-grace causes cracks to appear between family members, within ourselves, communities, faiths, cultures and nations. Left alone cracks widen, and for the resulting chasms of un-grace there is only one remedy: the *"frail rope-bridge of forgiveness"*. Yancey

I am reminded of a friend who was treated very badly by members of her own family who eventually disowned her. We can only imagine her heartbreak. After much wrestling and struggling in prayer, with counselors, spiritual director and several failed attempts to build bridges, she came to the realisation that she needed to forgive those who continued to hurt her if she was to move on. In an amazing display of grace in the written word she did this. From a point of utter weakness God's power was made perfect in her and she was able to receive God's free gift of grace. Nothing has changed in her family but she has been transformed.

As I come to the end of this reflection I invite you to put aside whatever you are doing and spend some time in just 'being' in God's presence. Be still, be silent, in solitude and in a place of your choosing.....

Repeat the words, *"My grace is sufficient for you and my power is made perfect in weakness."* Keep repeating until there are no words left. Meditate in the sheer silence upon the times you have known God's grace has been enough for you in your life, and when you have known the truth of the words, *"for my power is made perfect in weakness."*

Thank God for the experiences you have had and resolve to continue on your journeys into the fullness of Christ and his grace through prayer and action.

May each of us in this way become more and more aware of God's Amazing Grace transforming all our un-grace.

Let us pray in the words of John Newton who wrote his best known hymn out of his own experience of these words from St Paul's letters to the Corinthian church.

1. Amazing grace how sweet the sound that saved a wretch like me!
I once was lost, but now am found, was blind, but now I see.
2. 'Twas grace that taught my heart to fear, and grace my fears relieved;
how precious did that grace appear the hour I first believed!
3. Through many dangers, toils and snares I have already come:
'tis grace has brought me safe thus far, and grace will lead me home.
4. The Lord has promised good to me, his word my hope secures;
he will my shield and portion be as long as life endures.

John Newton 1725-1807

Photo Reflection

Northumberland journey... Holy Island to Bamburgh Photo Jan McIntyre

Invitation from the Abbey of St Barnabas:

Make the most of the winter months. *Come away to*

WinterFEST 4-9 August 2015

At The Abbey, Raymond Island
Live in or day attendance. Choose your days: mix and match your program or come for the whole week.

Stay at The Abbey for the whole week—or just a few nights. The motel units are very comfortable, each with ensuite.

Cost per person per night for accommodation and breakfast: twin share \$55; Individual room \$90.

10% discount : bookings of three nights or more

Come to the WinterFEST program
Cost per person per day

For full day's program, Morning tea, lunch, and afternoon tea and dinner \$85
10% discount : bookings of three days or more BOOK NOW!

Phone (03) 51566580 Email: info@theabbey.org.au Web www.theabbey.org.au

TUESDAY 4th August 2015

Hosted by June Treadwell

Body Mind and Spirit : A varied program

Nutrition, insights and tasting; Relaxation, massage; Organic growing, permaculture.

WEDNESDAY 5th August 2015

Hosted by Sue Fordham

Using creativity : finding clarity

Explore how writing, speaking and making can be used to help clarify and order our ideas or make personal issues clear and more manageable.

THURSDAY 6th August 2015

Hosted by June Treadwell

The Creative Spirit in Religious Art—*June Treadwell*

Journey through the great age of religious painting and sculpture of 15th and 16th centuries. Study the religious iconography of Greece and Russia

FRIDAY 7th August 2015

Hosted by Edie Ashley

Island Adventure: Recovering Pilgrimage

Explore Raymond Island, walk its tracks, learn about its history, look at its vegetation, notice birds and animals, water and lakes, listen to ourselves and each other as we reflect on this journey.

SATURDAY 8th August 2015

Fermentation and Food—Hosted by Sue Jacka

Make and taste a variety of fermented foods—full of probiotics. Sour dough, yoghurt, flat bread, soft cheese, keffe.

Wine Appreciation—Hosted by Robert Fordham Meet Harry Friend, Founding Wine Maker Narkoojee. 5 star Gipsland winery; learn about wines, test your palate.

SUNDAY 9th August 2015

Breakfast

Invitation to St Peter's By the Lake

for 9.30 Eucharist

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, 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

Love and prayers

Jane Macqueen

On behalf of the Servant Leaders

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