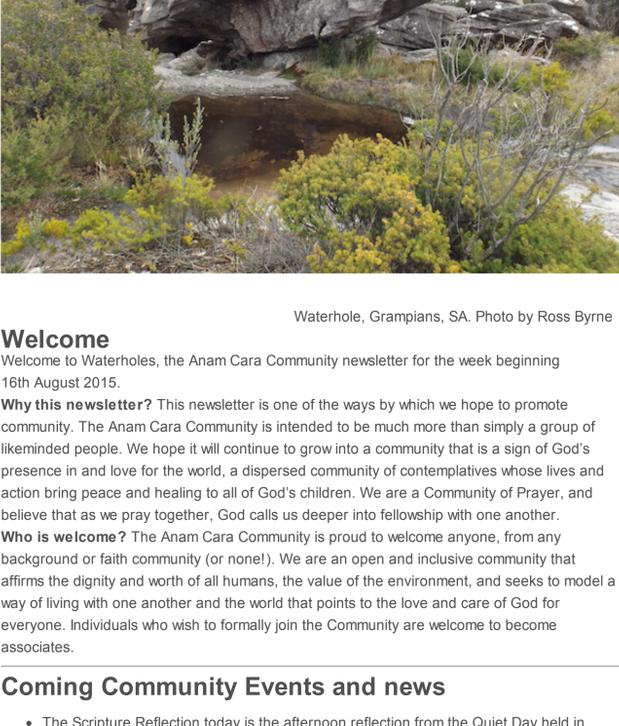


Anam Cara Community



Waterholes: 15 August 2015



Waterhole, Grampians, SA. Photo by Ross Byrne

Welcome

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 16th August 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

- The Scripture Reflection today is the afternoon reflection from the Quiet Day held in Traralgon. I hope you will receive it in the manner of a springboard to take some time to listen to God's prompting of your own hearts in a time of reflection on the reading and silence. It concludes with a meditation on the spiritual exercises of Anthony de Mello SJ. As with all meditations this will be most helpful if read aloud, slowly, savoured and revisited. Pausing with any part that appeals to you and bids you to stay.
- The Abbey Feast 2015**
- Order of St Luke, Training Day in Healing Prayer Ministry**
- Cultural Exchange**

See invitations and details for these events following the Scripture and photo reflection.

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:

- The parishes of Maffra (vacant), Mirboo North and Moe/Newborough/Yallourn North.
- Bishop Kay and the registry staff, Brian, Annette, Danielle and new staff member, Kellie Harris.
- David Head and the people of Morwell as they begin a new stage of ministry together at St Mary's.
- Brian Turner as he sees a respiratory specialist this week and has surgery to remove fluid on the lung.
- Val Lawrence suffering bronchitis and a gum infection.
- Heather Toms and her mother (who is in intensive care).

- Associates who have asked for our prayers: Sue Hopkins, Chris Venning, Norma and June.
- The injured, the families of those killed and all involved in clean up operations in the Chinese port city of Tianjin following a massive explosion.
- For the people of Nepal, Vanuatu and Myanmar struggling to recover from the devastation of natural disasters.

- All families around the world touched by tragedy as a result of the inhumane actions of others, all suffering following the terrorist attacks around the world. 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.

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 ministry of prayer and availability as a listening ear. Anne is increasingly house bound as she 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.

Everliving God,

your Son, Jesus Christ, gave himself as living bread

for the life of the world:

give us such a knowledge of his presence

that we may be strengthened and sustained by his risen life

to serve you continually;

through Jesus Christ our Lord,

who lives and reigns with you in unity with the Holy Spirit,

one God, for ever and ever. **Amen.**

Scripture Reflection

12th Sunday after Pentecost

Reflection by Jane Macqueen, Soul Carer, Anam Cara Community and Access Ministries

Chaplain.

John 6:51-58

"I am the living bread that came down from heaven."

The living bread... the bread of life... the feeding of the 5 thousand. For the last four weeks as we have read from John 6 we have heard Jesus speaking a lot about bread.

And this got me thinking as to what bread might have meant to the first century Palestinians who were listening to Jesus. Bread for us is pretty important. We are spoilt for choice. We can buy sliced white, high loaf, gluten free, sour dough, rye, whole grain, whole meal, Lebanese, Turkish... the list goes on.

But what about bread in Jesus time. One writer has said, "Quite simply bread was the difference between life and death. No bread, death."

The people of Jesus time ate bread with yoghurt or cheese for breakfast; bread with vegetables for lunch; and bread with vegetables and fish for dinner. On very special occasions, they might have small pieces of lamb but without bread, a first century Palestinian would have starved.

And there was no popping into the shops to buy a loaf of bread to be hand home from work. Bread was made from wheat and barley grains, ground coarsely by hand between two stones and baked into rough pita loaves the same day. It sounds simple enough but it was tremendously hard work. The daily grind for a family of six took about three hours. So women would get up about four o'clock every morning and grind the flour before anyone else got up.

In our 21st century lives of abundance we hear the word bread differently. Bread for us is something to be bought, to select from the many varieties and to be thrown out if it goes mouldy. It is hard for us to imagine a life where no bread could mean death. If we have no bread there is still rice, pasta, potato, fruit, vegetables and even take away food. We can't imagine being so reliant on bread that without it we would die.

And I guess that is where I am going with all this talking about bread. To encourage you to stop and reflect for a moment. What if my experience of bread was in this life and death context? How would Jesus moment have sounded when he said, "I am the bread of life." Would I hear his words with a different emphasis, a different priority. I can't resist suggesting... food for thought!

But clearly there is more to this passage than this.

Jesus says that **he** is the bread that gives life, not manna or any other sort of bread found in the 1st or the 21st century.

Jesus tells us that he can fulfil our deepest and most basic needs. He can satisfy our true hunger. He says, "I am the living bread that came down from heaven whoever eats of this bread will live for ever and the bread that I will give for the life of the world is my flesh." And he continues with words even more shocking, "Those who eat my flesh and drink my blood abide in me, and I in them."

As I reflected on these words, and read what some of the commentators said, I found helpful references to Jesus inviting us to a far greater table than the feeding of the five thousand. Because in John's gospel this long discourse in chapter 6 is the place where many believe he 'institutes' the eucharist. Where the bread and the wine remind us of the flesh and blood of Jesus given freely for us and where all are invited to come.

As with all of scripture it seems there are many layers and many interpretations. One that I would like us to sit with today is to consider that the primary meaning in these words of Jesus to eat his flesh and drink his blood, is relationship. That people are being invited to take Christ into their hearts and beings. To have Christ's heart as their heart, to grow in union with God. To abide in him and he in us.

One Australian commentator, the late Leon Morris says, "The metaphor of eating and drinking was quite common among the Jews... and it points to a taking within one's innermost being."

A taking within one's innermost being...To receiving Christ, believing in him and becoming one with him. Allowing Christ to live in and through us and to change our hearts of stone to his heart of flesh.

As you reflect on these words of John 6 it may be helpful to do so through the lens of a first century Palestinian's life and death understanding of bread.

To also reflect on Jesus' words to eat his flesh and drink his blood as being an invitation to take God within your innermost being.

To perhaps consider some questions...

How much of a priority is my relationship with God?

How does that priority compare with the priority of preparing bread in the 1st century?

What things get in the way?

How much time do I spend intentionally being in God's presence?

How does having Christ in my innermost being change the way I respond to other people?

What does this look like in my life?

I will conclude with a meditation from the book *Wellsprings* by Anthony de Mello, SJ.

For me it was helpful in drawing together some of these thoughts and questions about what it might look like to abide in Christ and he in me.

It is interesting to note that the meditation is titled, The Hazard, maybe there are hazards to living with Christ's heart within us...

THE HAZARD by Anthony de Mello, S.J.

I recall

The words of Paul,

"Let this mind be in you

which was in Jesus Christ."

[And the surprising words of Jesus,

"Those who eat my flesh and drink my blood abide in me, and I in them."]

I ask the Lord to offer me his heart...

I see him take away my heart of stone...

put in its place his heart of flesh...

I feel the strange sensation

of returning to my world

with someone else's heart:

I sense in me an urge to pray.

I hurry to my usual place of prayer

and feel my new heart doing unusual things...

I walk along a busy street.

The usual crowds are everywhere

and I look at them, to my astonishment,

in a strangely different kind of way today...

The sight of them awakens thoughts and feelings

quite different from the ones I am accustomed to...

I set out for my home

and as I walk I look at trees and birds,

at clouds and animals and all of nature

with a different kind of vision...

At home,

at work,

I look at people I dislike

and see myself reacting differently...

The same thing happens

with the people whom I formerly felt neutral to...

And I realise, to my surprise, that I am different

even with the ones I love...

I notice that with this new heart of mine

I am strongly in situations

that I formerly avoided...

There are occasions

when my heart dissolves in tenderness...

and others when it burns with indignation...

My new heart makes me independent:

I do not cease to be attached to many things...

but the clinging disappears

- I feel free to let them go...

I try this out delightedly,

moving from one attachment to another...

Then, to my alarm, it steers me into situations

that get me into trouble...

I find myself involved in things

that put an end to my desire for comfort...

I say things that antagonise...

Finally I come back to the presence of the Lord

to give him back his heart.

It was exciting to be fitted with the heart of Christ himself.

But I know I am not ready for it yet.

I still need to protect my self a little...

But even as I take my poor heart back

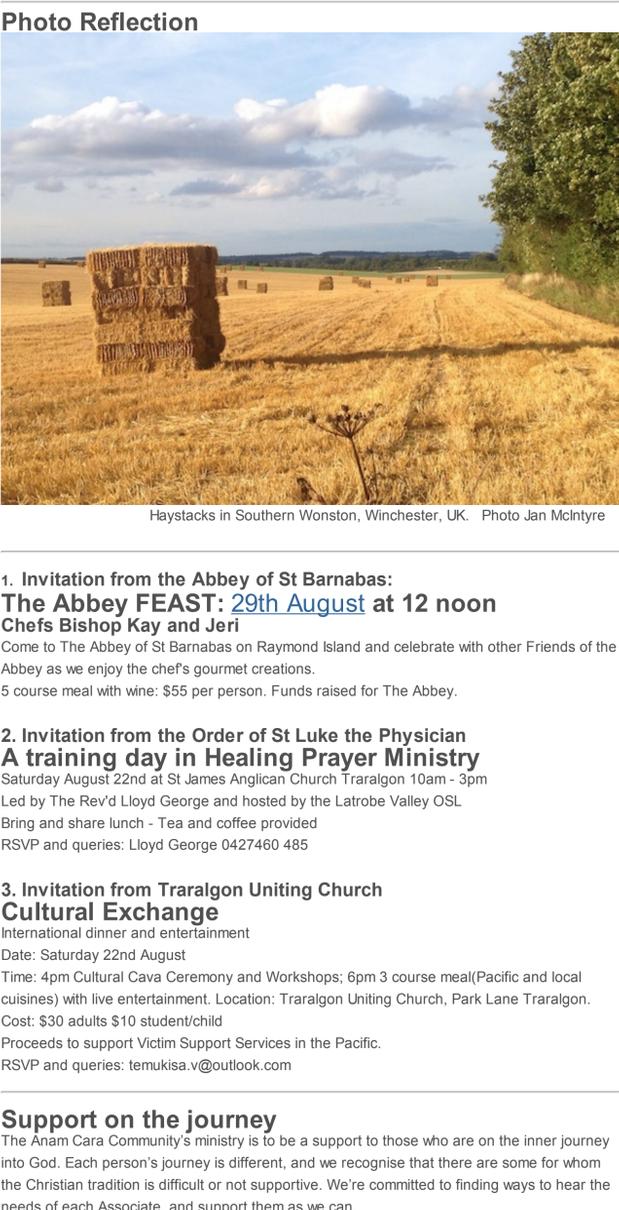
I know that I will be a different person

from having felt, if only for a moment,

what it meant to have this heart, this mind in me

which was in Jesus Christ our Lord.

Photo Reflection



Haystacks in Southern Wonston, Winchester, UK. Photo Jan McIntyre

1. Invitation from the Abbey of St Barnabas: The Abbey Feast: 29th August at 12 noon

Chefs Bishop Kay and Jeri

Come to The Abbey of St Barnabas on Raymond Island and celebrate with other Friends of the Abbey as we enjoy the chef's gourmet creations.

5 course meal with wine: \$55 per person. Funds raised for The Abbey.

2. Invitation from the Order of St Luke the Physician

A training day in Healing Prayer Ministry

Saturday August 22nd at St James Anglican Church Traralgon 10am - 3pm

Led by The Rev'd Lloyd George and hosted by the Latrobe Valley OSL

Bring and share lunch - Tea and coffee provided

RSVP and queries: Lloyd George 0427460 485

3. Invitation from Traralgon Uniting Church

Cultural Exchange

International dinner and entertainment

Date: Saturday 22nd August

Time: 4pm Cultural Cava Ceremony and Workshops; 6pm 3 course meal(Pacific and local cuisines) with live entertainment. Location: Traralgon Uniting Church, Park Lane Traralgon.

Cost: \$30 adults \$10 student/child

Proceeds to support Victim Support Services in the Pacific.

RSVP and queries: temukisa.v@outlook.com

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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