

Anam Cara Community



Waterholes: 23 June 2018



Billabong, Normanton. Photo, Julie

Brackenreg

Welcome

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 24th June 2018.

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 Events

Date for your diary...

Quiet Day

25th August

St Mary's Morwell

Led by: The Rev'd David Head

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:

- Diocesan Administrator, Philip Muston and the registry staff, Brian, Annette, Sue and David.
- Thanksgiving for the election of The Rev'd Dr Richard Treloar as the thirteenth Bishop of Gippsland. Prayers for Bishop elect Richard, his wife Leanne and children Rachel and Nicholas as they look toward new beginnings.
- Associates and friends who have asked for prayer: Norma, June, Fiona Barry, Chris Venning and Val Lawrence.
- For peacemakers in our world. For world leaders in their discussions and decision making.
- For all who suffer as a result of violence.
- For wise and compassionate counsel and some direction and hope for the future of refugees and asylum seekers across the globe.

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.**

Reflection

5th Sunday after Pentecost

Readings 1 Samuel 17:(1a, 4–11, 19–23), 32–49 Psalm 9:9–20 2 Corinthians 6:1–13
Mark 4:35–41

AGENTS OF GOD

During Pentecost, we learn of God's deep desire for God's people to spread the good news. We are called to be agents of God; to speak out against injustice and proclaim God's message of love and peace. As the story of David continues this week, we see how his faith enabled him to stand in God's strength and be an agent for God.

Last week, we heard about David's secret anointing as the future king of Israel. As the youngest son of Jesse, and a shepherd, he had low status. Yet God chose him to inherit the most powerful position in the land. This upending of society's expectations of power sets the scene for this week's reading.

The Israelites find themselves once again at war with the Philistines. The Philistine champion, Goliath, a man of extraordinary height and stature, issues a challenge to Israel: produce a hero to duel him in place of a full battle. Due to Goliath's enormous size and strength, Saul and his army are very much afraid.

David, still a youth, is running an errand for Jesse when he hears Goliath's challenge. He immediately offers to fight the giant. Unlike the fearful, defeatist reaction of his fellow countrymen, David's is one of anger at the insults levelled at the God of Israel. Saul, though he values David, has serious misgivings about David's ability to defeat Goliath. However, David argues that just as God helped him fight bears and lions in defence of his father's flock, so too will he draw on God's strength to defend Israel.

Already, we see a stark contrast between David and the other characters in the narrative. The Philistines draw strength from their weapons and seek power for personal gain. Saul and his army feel hopeless and are frozen with fear. David, on the other hand, is a man of faith and action. He doesn't credit himself with his success in defending his father's flock. He knows it was God who gave him the strength to achieve this, and that God will also

grant him the strength to face Goliath. Consequently, David rejects Saul's armour and weaponry in favour some stones and a sling shot. It is these simple tools of his shepherd's work that enable David to overcome Goliath by directing a single stone to the one place that Goliath has exposed.

This story presents us with two alternative models of power. The first is the Philistine's (and initially Saul's) worldly way: the people rely on their own strength in order to wield power over others. David follows God's way: be your authentic self by using the gifts God has given you, stand in God's strength, and do God's will.

The other lections this week echo this theme. Psalm 9: 9–20 shows us the nations of the earth are “only human” whereas true strength lies with God, the stronghold of the oppressed.

In 2 Corinthians 6:1–13 we learn there will still be times when we are mocked, discredited and mistreated. If we return to God with open hearts, there are no limits to God's sustenance and love.

Mark 4: 35–41 reminds us that putting our trust in God isn't always easy, as when rough waves threaten to swamp the disciples' boat. The storm is easily calmed by Jesus' words, “Peace! Be still!” This is a reminder to us not to be distracted by the turmoil of external events.

More than a story about the triumph of the underdog, David and Goliath presents us with an alternative model for meeting oppression; one in which we stand in God's power rather than allowing ourselves to be drawn into worldly power struggles.

Where might we be called to be agents of God in standing with and on behalf of the oppressed? What tools have we been given to carry out God's will?

Living God, when we find ourselves on the battlefield, may Jesus' words, “Peace! Be still!” strike against the rim of our singing-bowl hearts. May your love reverberate through us allowing us to stand in your strength and to carry out your will. Amen.

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

Photo Reflection



:) Photo Ross

Byrne

Further opportunities for Spiritual Nurture

1. The Abbey

A Hundred Years of Change - Music, Art, Religion and Journalism 1650 - 1750

led by June Treadwell

[5pm Friday 13 July - 4pm Saturday 14 July 2018](#)

Cost per person

Residential: incl. [dinner Fri, breakfast](#) & [lunch Sat](#)

twin/share accom: \$135

single accom: additional \$35

Non residential: incl. [dinner Fri](#), B'fast & [Lunch Sat](#): \$85

Come on a journey to visit musicians Barbara Strozzi , G.F. Handel, Francesca Caccini and the music making Nuns. Spend time with Johannes Vermeer in Delft and follow the accounts of diarists, Pepys, Evelyn, and Dr Nathaniel Hawthorne as they describe the Plague and the Great Fire of London. Finally join George Fox and William Penn at the

Quaker Meeting House in Jordans, Bucks.

Winter Feast at the Abbey

12 noon

Saturday 11th August

Come and celebrate with other Friends of The Abbey as we enjoy the gourmet creations of chef,

Bishop Jeffrey Driver

4 course meal, with wine: \$58 per person

Diocesan Retreat

7-8 September 2018

Retreat Leader

Bishop Garry Weatherill

Bishop of the Anglican Diocese of Ballarat

Come on retreat and savour the beauty and peace of The Abbey on Raymond Island.

Bishop Garry is an experienced retreat leader, greatly loved and respected among many who appreciate his teaching and spiritual wisdom.

There will be times for silence, prayer and reflection, times for learning together, times to walk, to share, to create, to be.

ALL ARE WELCOME

5pm Fri 7 September 2018 – 3.30pm Sat 8 September 2018

Cost per person

Residential: incl. dinner Fri, breakfast & lunch Sat

twin/share accommodation: \$135

single accommodation: additional \$35

Non residential: incl. dinner Fri, Breakfast & Lunch Sat: \$85

To book or further information contact The Abbey

Phone (03)5156 6580 Email: info@theabbey.org.au www.theabbey.org.au

2. St Paul's Cathedral, Sale.

- Christian Meditation

-[7.45am - 8.15am](#) every [Wednesday](#) AND

- [5.30 - 6.00 pm](#) every [Thursday](#)

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/>

- Evening Prayer with focus on intercession 5.15pm Mondays

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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