

**Anam Cara Community**



## ***Waterholes: 5 August 2018***



Croc and waterlily, billabong outside Normanton, Queensland. Photo, Julie Brackenreg.

### **Welcome**

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

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## Coming Events

Only 3 weeks until our next Quiet Day!!

### Quiet Day

#### The Divine Dance - Reflections on the Trinity 25th August

Led by: The Rev'd David Head

9.30am - 3.30pm

St Mary's Anglican Church, Morwell

BYO lunch, morning tea provided

Donation: Nil - \$15.00 depending on means

Please RSVP to Jane at [jemacqueen@gmail.com](mailto:jemacqueen@gmail.com) or 0411316346

or Val at [vgl@aussiebb.com.au](mailto:vgl@aussiebb.com.au)

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## 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:

- 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**

Living God,  
whose Son Jesus fed the hungry  
with the bread of his life  
and the word of his kingdom:  
renew your people with your heavenly grace,  
and in all our weakness  
sustain us with your true and living bread,  
Jesus Christ our Lord;  
who lives and reigns with you and the Holy Spirit,  
one God, now and forever. Amen.

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## **Reflection**

11th Sunday after Pentecost

John 6.24-35

The Rev'd David Head

### **FRESH BAKED BREAD – A HEAVENLY SMELL!**

I guess there are people, but I don't think I have met any, who don't like freshly baked bread of some form or other: there is that good old square tin white loaf, or hearty hard crusted Italian and French breads; there is sour dough, tiger bread, multigrain, campfire damper, olive and walnut breads, and yummy raisin and fruit breads. Bread, made of many different grains and flours, is basic to virtually every known culture. In eating bread, we partake both in deeply enjoyable comfort food and, unthinkingly, we get back in touch with our very early human needs and roots. It is a basic food stuff of life. It is often called the staff of life by ancient authors. Food can get very fancy and elaborate, but, in reality, it never gets much better than aromatic freshly baked bread.

In the Gospel reading today, Jesus says he is bread – bread that most common, essential, tasty and yet mundane of foods. But in the hands of Jesus bread is much more than physical bread. Bread is life! Bread is a living metaphor for the being and life of Christ. When Jesus says "I am the Bread of Life", we are seeing Jesus in a new extraordinary way. He becomes for us the very ground and food of life.

John's Gospel, perhaps strangely when you think of it, has no distinct telling of the Last

Supper Story, as in the other Gospels. John has no mention of the very famous words we say in some form or other at every Communion Service: "This is my Body given for you, Take and eat this in remembrance of me. This is my Blood of the New Covenant shed for you. Drink this in remembrance of me." In many ways verses 51 and following of today's Gospel are John's equivalent of the Last Supper words that we know so well. "I am the Living Bread... whoever eats of this bread will live forever and the bread that I will give for the life of the world is my flesh". In John's Gospel, Jesus' whole life is all a miraculous, wondrous offering of Jesus' life for us. It's all about Eucharist and Communion from start to finish. Jesus is the bread for us in our wilderness times, like God in the Old Testament gave the manna from heaven to the hungry Israelites wandering in the wilderness.

Jesus is the bread that comes down from heaven for us and Jesus says simply to us: "Take and eat" and I will always be for you life and power and meaning amidst your times of powerlessness and meaninglessness. Jesus fulfils our deep gnawing hunger for hope and peace and meaning. We all, no doubt, know lots of people who hunger for something that will give meaning to life and a reason to be.

When we are physically hungry, it is a reminder that we are living creatures who need nourishment or we will die. But there is another kind of hunger. A dark, lingering hunger in so many in society around us. It is the gradual growing hunger of the soul, that is wasting away for want of food – of Jesus' bread of life. There is almost an emphysematic gasping for the breath of meaning and hope which comes when people lose our hope and direction in life. When their eyes are dulled to the inner world of things and they fail to understand their reason to exist and they don't even know if they can go on. It is not a dramatic physical death but an inner soul dying that comes upon people day by day, and they lose it drop by drop.

If Jesus is to be our daily bread, then, we seek to come to him in our prayers and silence. We come to Church to meet and feed on Christ and be fully nourished and nurtured. This nourishment is through the fellowship and enabling love and care of other people of God. This nourishment is through the prayers and the readings and sermon and the soul stirring power of hymns and combined singing. This nourishment is, above and beyond all these earlier mentioned things, in the Eucharist where we are profoundly met by Jesus in the bread of life.

Jesus is that bread that satisfies us when nothing else can. Receive Jesus in the bread at the altar and savour him. Take your time and feed on each infinitesimal morsel of his love and power for you. It may or may not be always dramatic for you, but, be assured it is life-giving. Take time to welcome and enjoy Jesus so that he in truth can become part of your life and thereby give you life.

The famous French protestant reformer of the 16 century, John Calvin declared that in the Lord's Supper, Christ is present. Just exactly how and in what precise form Christ is

present, Calvin was loathe to define. But that the real presence of Jesus was a reality he did not doubt. Instead, he said, "I would rather experience it than try to fully understand it." Queen Elizabeth the First of England summed it up this way and this is now indeed the majority Anglican view of the Eucharist. Elizabeth famously said: "Jesus was the Word that spake it, He took the bread and brake it, And what the Word did make it, I do believe and take it." Jesus is your bread of life. Take Him, accept Him. Jesus bids us feed upon Him, to ingest Him into our physical and into our spiritual bodies for our daily and eternal nourishment of body and soul.

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## Photo Reflection



Wattle, one of the consolations of winter. Photo Jane

Macqueen

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## Further opportunities for Spiritual Nurture

### 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](mailto:info@theabbey.org.au) [www.theabbey.org.au](http://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](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

## **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)
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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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