

Anam Cara Community



Waterholes: 11 November 2018



Waterhole, Glenthompson. Photo, Ross

Byrne

Welcome

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 11th November 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.

Upcoming events

Thank you to those who have replied for our Annual Thanksgiving Service. We are looking forward to a time of thanksgiving, worship and fellowship together over lunch. Please RSVP to assist with the catering...

Annual Thanksgiving Service for the Anam Cara Community



Saturday 24th November St Paul's Cathedral Sale

All are invited to a Thanksgiving eucharist as we come to the end of the church year. There will be opportunity within the service for silent reflection and thanksgiving.

"We can wait for joy, but we can also cultivate it in our lives through practising prayer, gratitude, celebration and enjoyment. We can begin and end each day by

looking for the good in that day, by thanking God for moments of peace, experiences of beauty, times of intimacy, or opportunities to play." Dean Susanna

- Service at [11.00am](#)
- Everyone is welcome
- A light lunch will be provided after the service
- Dean Susanna will lead a reflection and time of thanksgiving during the service
- RSVP appreciated to assist with our catering
 - RSVP: Jane - jemacqueen@gmail.com - [0411316346](tel:0411316346)

An invitation from The Abbey:

Bishop Richard Treloar, Anglican Bishop of Gippsland and Bishop Pat O'Regan, Catholic Bishop of Sale invite you to join them for an **Advent Conversation, a seasonal Study of Luke.**

Thursday 6th December
10.30am - 3.30pm

The Conversation will be led by Biblical Scholars from University of Divinity, Melbourne:
Dorothy Lee, Frank Woods Research Professor in New Testament at Trinity College and
Frank Moloney Senior Professorial Fellow at the Catholic Theological College.

A light lunch will be served



RSVP: [3 December 2018](#). Booking essential for catering purposes.

Please advise of any dietary requirements.

Phone: The Abbey on [\(03\) 5156 6580](tel:0351566580) or **Email:** info@theabbey.org.au

Thank
you



Thank you to all who have responded to our Annual Subscription email... we appreciate your ongoing support.

There will also be the opportunity to renew your subscription at the Thanksgiving Service.

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:

- Bishop Richard, Leanne and Rachel and Nicholas.
- The registry staff, Brian, Annette, Sue and David.
- For locums and lay readers in their ministries in parishes without clergy.
- Associates and friends who have asked for prayer: Norma, June, Fiona Barry, Chris Venning and Val Lawrence.
- For all who suffer as a result of conflict and war. For the service men and women and civilians who have died in the violence of war. For peacemakers and peacekeepers.
- For all who are suffering as a result of extraordinary weather events, fire, drought, typhoons, hurricanes, heatwaves. The people of California.
- For our churches to be places of inclusion, welcome and reconciliation.
- 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

Almighty God,

Whose will is to restore all things in your beloved Son,
the King of all:
govern the hearts and minds of those in authority,
and bring the families of the nations,
divided and torn apart by the ravages of sin,
to be subject to his just and gentle rule;
who is alive and reigns with you and the Holy Spirit.
One God, now and forever. **Amen.**

Eternal God, the only source of peace,
we pray for all who serve in the defence forces of this land.
Give them courage and comfort in danger,
patience in waiting,
and discipline in the just use of force.
Help us to seek for all people
the freedom to serve you and each other
in compassion and peace.
We ask this through Jesus Christ our Lord. **Amen.**

Reflection

A THEOLOGY OF DESCENT

Into The Belly of the Beast

Reflection by The Rev'd Nikolai Blaskow

(see **Luke 11:29; Matthew 12:39, 16:4**).

I owe this short reflection to Father Richard Rohr's recent reflections on the sign of Jonah. It began with this remark

Sooner or later, life is going to lead us (as it did Jesus) into the belly of the beast, into a place we can't fix, control explain, or understand. That's where transformation most easily happens—because only there are we in the hands of God—and not self-managing. Suffering is the only thing strong enough to destabilize the imperial ego.

What made this comment particularly poignant is how, under Father Rohr's deft hand, he brings my current interest in Franciscan spirituality together with a decade of deep reflection on the Diaries of Ety Hillesum (1914-1943), who introduced me for the first time to the realities of the inner life. It has since informed the way I teach awareness and self-awareness, metacognition and metacognitive processing, and was also the first time I was given deep insights into what mysticism might look like through contemporary eyes.

Let me attempt to express what kind of experience it is by listing its main characteristics

(including those of Hildegard of Bingen [1098-1179], Julian of Norwich [1342-1416] and then drawing some salient conclusions about it in terms of what it might mean for the contemplative life, the way of Jesus: the Franciscan way.

Firstly, mysticism views life experiences (adverse and joyful) through the lens of an indestructible 'True Self', the sort of self-perception and perception where God and self are indistinguishable from one another: "the most essential and the deepest in me [paying attention to] the most essential and the deepest in the other. God to God," writes Etty.

Secondly, it is guided by a vision of Jesus that is uncompromisingly human. Julian's picture of the Jesus of her visions is so accessible and real: "His face speaks of a knowledge of life's delight and a knowledge of life's pain. It is not a face that is naïve to the world's sufferings or to the personal experience of sorrow. Nor is it a face that is so overwhelmed by sorrow that it loses its openness and wonder...It is a soul that has experienced the heights and depths of human life."

Thirdly, it is possessed with a fervour and passion of faith that enables it to "look life straight in the eye, to see pain and to see its beauty."

Fourthly, it never loses sight of the fact that at its core there is always a meaning in life, that "life has its own meaning, even if it takes a lifetime to find it."

Fifthly, it recognises in a rather uncanny way, that each individual life feels "like a small battlefield, in which the problems...of our time are being fought out. All one can hope to do is to keep oneself humbly available, to allow oneself to be a battlefield."

Drawing all these threads together, we conclude, in Richard Rohr's final reflections, that the cross rightly understood, "always reveals various kinds of resurrection. It's as if God is holding up the crucifixion as a cosmic object lesson, saying: 'I know this is what you are experiencing. Don't run from it. Learn from it. Hang there for a while as I did. It will be your teacher. Rather than losing life, you will be gaining a larger life. It is the way through."

It is rather startling to realise in the end, that my life is not really just about "me" but instead, again in Father Rohr's words, that "we are actually living inside of a larger force field of life and death," one in which there is a constant movement from "me" to "us" inside of this field of such deep inner experiences, one that finally and continually becomes the gateway to compassion and redemption.

Perhaps on this Centenary Remembrance Day Celebration (2018) that's why the last sign that Jesus leaves for an apocalyptic age like ours, is the sign of Jonah, the belly of the beast: a theology of descent through which comes an everlasting transformation.

And undoubtedly Hildegard of Bingen was dead right when she noted that "we need two wings with which to fly. One is the knowledge of good, and the other is the knowledge of

evil. If we lack one or the other, we will be like an eagle with only one wing. We fall to the round instead of rising to the heights of a unitary vision.”

Photo Reflection



Another pathway to reflect with... this time in the Southern Grampians... Photo, Ross Byrne

Further opportunities for Spiritual Nurture

1. The Abbey of St Barnabas, Raymond Island

For 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), cherylrussell1@bigpond.com
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Love and prayers

Jane Macqueen

On behalf of the Servant Leaders

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