

# Anam Cara Community



## ***Waterholes: 28 February 2015***



*The Avon River, Stratford. Photo by Karena King*

### ***Welcome***

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 1st March 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***

### **1. Quiet Day - Saturday 18th April 2015**

- St Mary's Morwell
- 9.30am - 3.30pm.

### **2. Quiet Day - Saturday 20th June 2015**

- St Mark's Rosedale
  - 9.30am - 3.30pm.
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## ***Community News***

### **1. Resources for the journey from our Wilderness Quiet Day**

Twenty four people from around the diocese joined in worship, conversation, reflection and silence as we reflected on the Lenten journey and the many ways, throughout our lives, we are either driven into the wilderness, or intentionally choose to set aside time and space to sit with God in a wilderness space.

Below are some questions that some found helpful in the silence. There is also a suggestion from the Season's of the Spirit resource to intentionally make a Soul Journey each week in Lent... to a different physical space. Note our beautiful 'Waterholes' photo which began our newsletter...

Karena took this whilst in the silence, on her own soul journey last Saturday to week one's destination of 'Water'.

#### **'Into the Wilderness'**

##### **Questions to ponder!**

"Wilderness experiences come in all forms today. Sometimes we seek them out intentionally. Other times we simply find ourselves in a "wilderness" as a result of some natural disaster, or some personal upheaval, crisis, or trauma.

- **What experiences have you had with natural wildernesses?**
- **What experiences of spiritual or emotional wilderness have you had?**
- **What's your best personal resource for coping with wilderness?**
- **When have you felt led or driven into the wilderness?**
- **When have you felt angels were waiting for you? Mark's record doesn't say how long it took Jesus to notice the angels. How long did it take you? If you haven't had this experience, how do you react to people who say they have?**
- **Do you feel that you have to remove yourself from society to connect with God?**

### **Spiritual Practice: Soul Journeys.**

During Lent, take a soul journey some time during each week, if and as you are able. Each week will feature a different suggested “destination.” While these destinations may be some place local and not technically “wilderness,” experience each “journey” alone, as a way to help you discern God’s voice and call in your life.

#### **Questions for reflection during and after your journey:**

How does God speak to my heart?

What might God have to say about this place?

How might this relate to other areas of my life: my work, my family, myself?

What insights have I gained? How will these insights affect the way I live

tomorrow, and the next day, and the next...? How will they affect my work? My relationships?

**Week 1: Water** – this can be a lake, a pond, ocean or river.

**Week 2: Sun’s Farewell** – any place where you can watch the sun sink into Earth’s horizon.

**Week 3: Creatures great and small** – a place where you can observe animals, birds, or fish.

**Week 4: Tree site** – a place where you can be with trees, or with one tree that is special to you.

**Week 5: Night-time Lookout** – a spot beautified by starlight or moon- light, one that is safe for a night-time visit.

## **2. Grant in memory of Colin Thornby**

### **For those in formation as Spiritual Directors at the Living Well Centre**

At the end of each year the Servant Leaders make decisions about making some donations in keeping with our ethos of supporting people on the inner journey. In the past we have given regularly to the work and ministry of the Abbey of St Barnabas and we will continue to support this diocesan ministry. We have also donated to support the fees of Associates who are studying for the ministry of spiritual direction. At the November meeting of the Servant Leaders it was decided that we would set up a bursary/grant in the name of our past soul carer, Colin Thornby. We have recently finalised details of this grant which will support the costs involved for people from regional areas who are in formation for the ministry of Spiritual Direction at the Living Well Centre for Spirituality in Melbourne. Colin was a gifted spiritual director and had a lifetime passion for companioning others in their spiritual journeys. He was a board member of the Living Well Centre at the time of his death.

We have contacted the Living Well Centre and they are delighted to manage the grant and make money available to those who would benefit from it. We have begun the grant with \$1,000.00 and have committed to adding a donation to the grant for the coming few years.

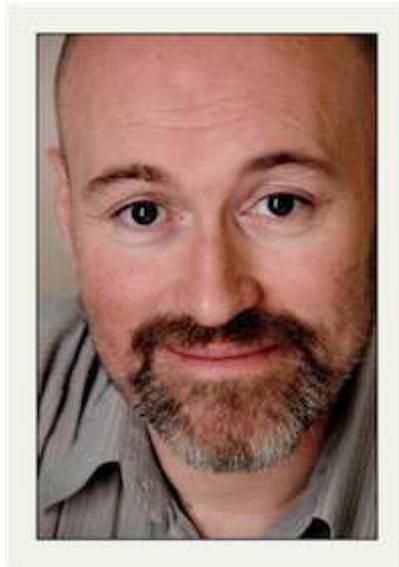
We are delighted that in this way the Anam Cara Community is able to support this valuable ministry of equipping spiritual directors. Below is the information used for a flyer for those interested in applying via the Living Well Centre.

## **Anam Cara Community Gippsland**

### **Grant in Memory of**

### **Colin John Thornby**

6<sup>th</sup> April 1969 – 1<sup>st</sup> July 2013.



The Anam Cara Community, Gippsland is a contemplative prayer community based in the Anglican Diocese of Gippsland. The Community seeks to encourage a life of prayer and inner journeying and supports the ministry of Spiritual Direction.

The Community is delighted to offer financial help to accredited participants in the formation program for the ministry of spiritual direction offered by the Living Wells Centre for Christian Spirituality.

The Community seeks to support those in formation who live in regional areas and who would benefit from financial assistance.

Applications are to be made through the Living Well Centre.

The funding will be provided annually from the Community's resources and is offered in memory of the late Colin John Thornby.

Colin was a Spiritual Director with a passion for encouraging all in their spiritual journeys. He had a particular ministry to those who found themselves on the edges of the church and was a spiritual father to many. Colin was a Servant Leader and then joint Soul Carer of the Anam Cara Community Gippsland until his death in 2013. Colin supported the ministry of the Living Well Centre for Christian Spirituality and at the time of his death was a member of the board.

Further information about the ministry of the Anam Cara Community Gippsland and resources for the inner journey can be found on the Community's website: [anamcaragippsland.org](http://anamcaragippsland.org) or by contacting our current Soul Carer, Jane.

Jane Macqueen

[jemacqueen@gmail.com](mailto:jemacqueen@gmail.com)

On behalf of the Servant Leaders,  
Anam Cara Community, Gippsland.

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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 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:

- For all involved in the Royal Commissions investigating child sexual abuse and family violence, especially for the victims; their care and support.
- The ministry of the Living Well Centre for Christian Spirituality and all in formation as spiritual directors who have met this week for the first three training days for the year.
- Andrew Chan, Myuran Sukumaran their families and friends as they care for each other and prepare for a very uncertain future. For the efforts of all who work for mercy and an end to the capital punishment around the world.
- All families around the world touched by tragedy as a result of the inhumane actions of others, the people of Pakistan, Nigeria, Syria, Iraq, hostages and prisoners and those suffering who are known only to God.
- The peace process in Ukraine, for an end to conflict and a lasting peace.
- All suffering from illness, famine, the Ebola virus, natural disasters. For generosity and care from those with the resources in 1<sup>st</sup> world countries.
- Refugees and asylum seekers. For just and compassionate policies particularly in our own country.
- Bishop Kay Goldsworthy, husband Jeri James and sons Tom and Ben.
- Philip Muston and the Registry staff.
- Associates who are unwell and have asked for our prayers: Kate Bristow as she journeys with secondary cancer. Norma, June and Barb Logan.
- The family and friends of Bishop Barbara Darling in their grief.

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 chemotherapy.

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.

### **The Prayer of the Day.**

God of all times and places,

in Jesus Christ, who was lifted up on the cross,

you opened for us the path to eternal life:

grant that we, being born again of water and the Spirit,

may joyfully serve you in newness of life

and faithfully walk in your holy ways;

through Jesus Christ our Lord,

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

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

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## ***Scripture Reflection***

*By The Rev'd Heather Toms Chaplain, Fulham Correctional Centre, and Sale Hospital*

### **Faith in God's Promise**

*Genesis 17.1-7, 15-16*

When Abram was ninety-nine years old, the Lord appeared to Abram, and said to him, "I am God Almighty; walk before me, and be blameless. <sup>2</sup>And I will make my covenant between me and you, and will make you exceedingly numerous." <sup>3</sup>Then Abram fell on his face; and God said to him, <sup>4</sup>"As for me, this is my covenant with you: You shall be the ancestor of a multitude of nations. <sup>5</sup>No longer shall your name be Abram, but your name shall be Abraham; for I have made you the ancestor of a multitude of nations. <sup>6</sup>I will make you exceedingly fruitful; and I will make nations of you, and kings shall come from you. <sup>7</sup>I will establish my covenant between me and you, and your offspring after you

throughout their generations, for an everlasting covenant, to be God to you and to your offspring after you. <sup>15</sup>God said to Abraham, "As for Sarai your wife, you shall not call her Sarai, but Sarah shall be her name. <sup>16</sup>I will bless her, and moreover I will give you a son by her. I will bless her, and she shall give rise to nations; kings of peoples shall come from her."

Abraham. Everybody knows old Abe. I doubt that any individual in history is more widely recognized and revered. Abraham is patriarch to history's three great monotheistic religions: Judaism, Christianity, and Islam. In the Bible, of all the incredible people of faith we find there, the only one called the 'friend of God' is Abraham.

We learned great stories about Abraham from our earliest days in Sunday school. We met him as ABRAM - the name would be changed to Abraham later. We heard about God calling him from his ancestral home:

'Leave your country, your people and your father's household and go to the land I will show you. I will make you into a great nation and I will bless you; I will make your name great, and you will be a blessing. I will bless those who bless you, and whoever curses you I will curse; and all peoples on earth will be blessed through you.' So Abram left, as the LORD had told him.

Abram pulls up stakes and begins a journey which takes him from one end of the known world to the other, and for no other reason than his God told him to do it. Fabulous faith!

We learn that Abram was a generous fellow - when there was a land dispute between his family and the family of his nephew Lot, Abram gave Lot first choice and was content to take the leftovers. We learned that Abram was a compassionate fellow: when he learned that God planned to destroy Lot's new hometown, Sodom, Abram interceded on the city's behalf - he actually argued with God in an attempt to save Lot's neighbours, sinful though they might be.

In 2008 I spoke with friends and said that I had been called into the ministry. My heart was for prison and hospital chaplaincy and my friends said, with total amazement, you are joking, are you sure, why would you. I replied, yes it is true this is the call on my life. My decision to follow this call surprised my friends and my family.

Have you ever been surprised with astonishing news? Has there ever been a change of events catching you off guard? Has God intervened in your life and made what seemed impossible a possibility?

You know when God told Abraham he would have a son at the age of 100 he laughed. 'You've got to be joking,' he must have thought to himself. Imagine, his wife, Sarah, was 90 years old. For God to give them a child at that age would have been preposterous.

God surprises us all the time. At Fulham Correctional Centre a place that would seem unlikely for people to connect to church fellowship, a group of men attend every service each week, contributing to the scripture readings for the day, praying for each other and the world around them, playing the guitar and singing to their Lord with wonderful strong voices, and this has led to the men starting their own Bible Study, thereby enriching our time of fellowship together.

God never ceases to amaze me. I believe that God surprises us every day but we are not accustomed to giving God the credit. We tend to credit surprises to our own hard work or just call it plain old good fortune.

We tend to live our lives without the expectation that God will surprise us. Rather than be optimistic we tend to say things like, 'that it will never work,' or, 'there's no way.' We also live with the age old problem that 'we get what we deserve.' God, however is always creating and intervening and because of God's grace, great things happen. God is a giver of surprises and wants us to believe that a surprise can come at any moment and it does.

When I was called into the ministry in 2008 I began to make the transition from the paid administration world to a life of ministry. The complexity of making that transition seemed impossible. But from the day I said 'yes' and surrendered to the will of God, to the day I gave my first sermon was 110 days. Both educational and financial windows opened for me to make that journey. I never ceased to be amazed at how God works. God is absolutely incredible and over time I have learned to be patient with God and watch things unfold.

That is not to say that change is not a struggle, for it can be. For Sarah and Abraham to have a child in their later years must have been a tremendous challenge. For a woman to give birth is a struggle in and of itself. In the process of transition life can be like a roller-coaster. There are ups and downs, twists and turns, that keep us off balance. Nevertheless, it is a journey on which we are not alone.

To understand that God can do the impossible we have to be willing to surrender to God's impossible ways. Because we are people who like to be in control that is not an easy task. 'Walk before,' God said, 'and be blameless.' In other words be willing to make the journey and yield to God's will.

I believe that surrendering is one of the most difficult tasks we face as people of faith. We are so influenced by a world that has to be in control and fosters individual independence that we are not in the habit of letting go and yielding to God.

In the beginning, Abraham balked at the possibility of having another son. As time went on, God

made a believer out of him making good on God's promise. Sarah did in fact give birth to Isaac. As the rest of the story of Abraham unfolds, we find him surrendering to God even when it made no sense.

God promised the family of faith would grow and it did. In spite of denying the impossible with laughter, Abraham and Sarah become parents a second time. God expanded their family and the faith community continued through their lineage. One of the greatest legacies we can give our children and grand-children is the promise that faith will continue and that the presence of God will be with them forever. To accept the ridiculous and absurd ways that God works in our lives is to live with a bold faith.

The God we worship is full of surprises. The God we worship can do the impossible. The God we worship promises us future growth and the continuation of the faithful forever.

God called Abram, and was faithful to his promise.  
And God will be faithful to us.

There is an old poem that says:

'And I said to the man  
who stood at the gate of the year,  
'give me a light  
that I may tread safely into the unknown.'  
And he replied,  
'go into the darkness,  
and put your hand into the hand of God.  
That shall be to you better than light  
and safer than the known way.'

Let us walk with our hand in God's hand. Then he will lead us through the darkness and into the light.  
Amen

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## Photo Reflection



*Visual from the Wilderness Quiet Day by Kate Campbell. Photo by Karena King*

The fabrics, shading from black through grey, cream and white, reflect the seasons of life's desert and wilderness experiences. The fabric does not move cleanly from one colour to another, especially in its softness, it is an experience of ebb and flow, as in life. The scriptures are always of course at the centre of our prayer life as Christians, hence the bible with the violet ribbon, reminding us that we are in the season of Lent. The candle is scented, reminding us to embrace all the senses God has gifted to us. The photograph... a beautiful reflective image of desert wilderness. It's an image that offers opportunity to prayerfully consider how we can live through and in God, especially in our inner journey.

Kate Campbell

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## Other events of interest in the diocese:



**An invitation to attend the Installation of  
The Right Reverend Kay Maree Goldsworthy  
as the  
12<sup>th</sup> Bishop of Gippsland**

21st March 2015 at 10am  
St Paul's Cathedral Sale

A reply is requested to Danielle Matthews or Lucy Haseldine by Monday 2nd March 2015  
Tel: 03 5144 2044 or [registryoffice@gippsanglican.org.au](mailto:registryoffice@gippsanglican.org.au)

### **Images from an Inner Journey**

A series of embroideries by Anne Greenwood

At Christ Church Drouin  
Open to the public

Saturday 14th March and Sunday 15th March

Opening by Pat Waters 11am Saturday 14th March

Anne Greenwood has worked with textiles across a lifetime. Her weaving is in several regional galleries, churches and in private collections. In recent years she has expressed her gift and courage in stunning embroideries.

## 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 or [jemacqueen@gmail.com](mailto:jemacqueen@gmail.com))
- *Secretary / Librarian:* Sue 03 5182 5542
- *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, [cherylr@gippsanglican.org.au](mailto:cherylr@gippsanglican.org.au)

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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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