

Anam Cara Community



Waterholes: 15 April 2017



Photo: Ann Miller

Welcome

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 16th April 2017.

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.

Community News

- We are delighted to receive from Bishop Kay today as she shares our Easter reflection.
- Please note the details following today's reflections of the excellent resource available from Anglican Board of Mission for continued personal reflection during the Easter Season, 'Deep calls to Deep'.

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) 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 Kay as she leads and ministers amongst the people of our diocese.
- That we may all continue to journey closely with Christ as we move into the Easter Season and reflect on his costly love, his example of servanthood and his call for each of us to love one another.
- Anne Turner, thanksgiving for the sale of her home and prayers as she prepares to move to Canberra to be close to family.
- We give thanks for the life of Lyndall who died last week following her battle with motor neurone disease. We pray for her family as they grieve.
- Associates and Friends who have asked for our prayers:
- Norma and June.
- John now receiving palliative care in the hope he will be able to go home rather than stay in hospital and his family, Grace and David.
- Pam Clay and the palliative care team as they care for her.
- All as they begin the recovery from the devastation of cyclone Debbie and the flooding throughout Queensland and NSW and all emergency service workers.
- For all who are suffering and dying as a result of worsening drought in the Horn of Africa. For Aid agencies and relief workers.
- The Coptic Christian faith communities in Egypt and all who grieve for loved ones killed and injured in recent terrorist attacks. For the people of Syria.
- For all held captive or living fear as a result of terrorist activity or war in their homelands.
- For peacemakers in our world. For political leaders in their discussions and decision making.
- For all refugees and asylum seekers across the globe.
- Christians who raise their voices in advocacy for refugees and asylum seekers, for a stirring in the hearts of politicians and ordinary people.

Prayer of the day

Holy God,
whose risen Son opened the disciples' hearts
to understand the Scriptures
that told of his death and resurrection:
grant us the peace of the living Lord,
that our eyes may be opened
to recognise him in the breaking of the bread,
and to follow him wherever he leads;
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. **Amen.**

Reflection

Easter 2017

Bishop Kay Goldsworthy

Matthew 28:1-10

In the last few days news has come about an earthquake near Orange in NSW. Apparently although it measured about 4.3 this isn't something to be too concerned about, it might sound like a train or a large road train rumbling past and shaking the ground. At least that's what one expert was saying on the news broadcast to which I was listening. Unless he added you are right on top of it. "But even then, the damage would be very slight, things like stuff falling off bookcases or shelving, that would be all that would happen if you were very close to it."

Last year we were in Japan when an earthquake measuring 6.5 hit the South Island of Kyushu. We were a long way away and still felt some of the tremors. And we all remember the devastation in the north of the country when a magnitude 9 quake unleashed the tsunami which in turn caused a nuclear melt down at a nuclear power plant in the region. Earthquakes are so common in Japan that schools regularly hold earthquake drills. Knowing all about tectonic plates doesn't make the experience sound anything but terrifying.

In Matthew's gospel, as Jesus dies the earth shakes and the rocks were split in two.

In Matthew's gospel it's an earthquake that heralds the announcement to the women of Jesus' Resurrection.

This day, the first day of the new week, the first day of new life, begins the earth quaking and a divine messenger, an angel bearing news. The women who come to the tomb, Mary Magdalene and the other Mary have been close by. They were witnesses to Jesus' burial sitting, we're told by Matthew, opposite the tomb as Joseph of Arimathea had taken Jesus' body there, wrapping it in a clean linen cloth and rolling the great stone across it. The women were prepared for

mourning, the work of it, the heart of it, the need of it. The tears and ripping of it.

Instead, the very ground on which they stood was shaking them into the new world. Every part of creation realigned, re settled. Every former understanding being shaken into the shape and the pattern and the glory of God's new day. Jesus' Resurrection Day.

And in the face of everything that has gone before, betrayal, danger, death- the first words the women hear from this shining presence are these. "Do not be afraid."

Reassurance. Comfort. Promise.

And then the news. "I know that you are looking for Jesus who was crucified. He is not here for he has been raised as he said."

And then an invitation: "Come, see the place where he lay."

And then an instruction: "Go quickly and tell his disciples," "He has been raised from the dead, and is going ahead of you to Galilee; there you will see him."

They go, and on the way, they meet not an angel but Jesus himself.

Matthew's gospel tells us that these women touched him, they must have bowed down because they touched his feet- he who had washed feet just a few days ago, was now I would guess, having his own feet washed in tears of wondering belief in this new world order.

And now, finally, another word of Comfort. This time from the risen Lord Jesus, "Do not be afraid; go and tell my brothers to go to Galilee; there they will see me."

Today we witness to the faith of that earth-shattering encounter.

This written witness to Jesus' Resurrection wasn't penned gospel story by gospel story with the aid of a media advisor following Jesus on a campaign trail.

It's the story told by women and men emboldened by an empty tomb and an angelic presence. It was a story told by Jesus' disciples of glimpses, told by moments of recognition by God's living love, of being seen by that love and transformed. It was written about encounters with the Living Lord, of eating with him, talking to him, being sent by him. It was and is still the story of invitation to 'come and see'.

The story of Jesus 'resurrection was told not as a happy ending to a gruesome blockbuster- but from the birth of the Easter victory, from the birth of Easter faith and hope.

Jesus first disciples told the story of Jesus- of his life among them, of his death on Calvary and of his Resurrection as they sought to live out of that belief and its meaning in their lives.

21 centuries later Jesus 'disciples still tell his story, witnessing to the power of his life and death and resurrection. It is the story which moves us still to invite people to come and see' – it's the

story which moves people to give their lives to serve the flourishing of others, it's the power which enables us to live as forgiven and forgiving people, it is the hope of reconciling peace, or relationship restored of freedom to love and absence of fear.

It's the story of communities like this one lived all around the world – of meeting week by week to break bread together in the feast of God's new community of resurrection faith. Running in our own ways to share the light of Easter dawn and the promise of God's new day in his beloved Son.

What does it mean for us this Easter when the sound of world leaders threatening war seems to be getting louder? What does it mean for those of us whose worlds have already been hit by the earth shattering reality of loved ones sick and dead this past year?

Is it possible that the picture of an empty tomb, angelic being and two women might be a clue for us too?

Can you hear the words of that angel speaking to you for the next steps that you can take inside the world wrapped in God's love, "Do not be afraid."

Can you hear those same words spoken by the risen Lord to the women as he met them running to tell their friends the news, "Do not be afraid"

Can you let them settle into your heart inside the sure faith that in Jesus God has known every fear and death, in the belief that calls us to whisper on in time with the wind blowing across every graveyard the Easter news.

Christ is Risen! Christ is Risen!

Easter Blessing

you are looking

for a blessing,

do not linger

here.

Here

is only

emptiness,

a hollow,

a husk

where a blessing

used to be.

This blessing

was not content

in its confinement.

It could not abide

its isolation,

the unrelenting silence,
the pressing stench
of death.

So if it is
a blessing
that you seek,
open your own
mouth.

Fill your lungs
with the air
that this new
morning brings
and then
release it
with a cry.

Hear how the blessing
breaks forth
in your own voice
how your own lips
form every word
you never dreamed
to say.

See how the blessing
circles back again
wanting you to
repeat it
but louder
how it draws you
pulls you
sends you
to proclaim
its only word:

risen

risen

risen.

Jan Richardson. The Painted Prayerbook

Photo Reflection



Beauty from brokenness. Photo, Jane Macqueen

Further opportunities for Spiritual Nurture

1. A resource for the Easter journey from Anglican Board of Mission:

You may have journeyed through Lent with the reflective resource from ABM 'Into the Desert'. I found it most helpful for my own Lenten journey this year... and... there is more!

ABM have also released a resource for the Easter season, and I have included the details here from their website:

DEEP CALLS TO DEEP (EASTER APP)

Free App begins at the start of Holy Week, Monday April 10.

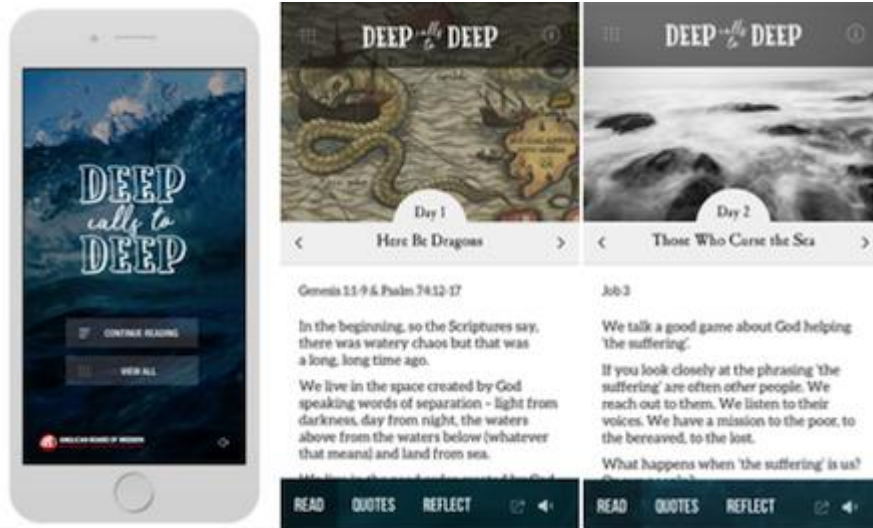
Launch into the Deep with a new App from ABM's Reconciliation Coordinator, Celia Kemp. *Deep Calls to Deep* is a 46 day journey into the mystery of the cross that begins in Holy Week and ends on Ascension Day (but it is suitable for any time of the year). Along the way you'll meet sea monsters, giant fish and ocean tempests. Readings, quotes and reflections for every day make this a feast of theological reflection and fuel for prayer, especially for those who already find themselves in stormy seas.

Download link for iPhone and iPad:

<https://itunes.apple.com/us/app/deep-calls-to-deep-easter/id1212703153>

Download link for Android devices:

<https://play.google.com/store/apps/details?id=com.abm.deepcallstodeep>



If you missed 'Into the Desert' it is still available as a free app and is an excellent resource for your personal reflection.

INTO THE DESERT (LENT APP)

ABM invites you to journey into the Australian desert during Lent with 40 days of bible readings, reflections, sayings and prayer suggestions.

These Lent resources have a particular focus on Australian landscape, history and writing, Aboriginal reconciliation and the long Christian tradition of desert-shaped theology.

The app is available for iPhone, iPad and Android devices.

Download from the Apple and Android stores:

<https://itunes.apple.com/us/app/id823229503>

<https://play.google.com/store/apps/details?id=com.abm.lent.app>

2. Meditation at St Paul's Cathedral, Sale.

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/>

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 or jemacqueen@gmail.com)
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- *Diocesan Director of Professional Standards (to make complaints or express concerns about our ministries):* Ms Cheryl Russell 0407 563 313, cherylr@gippsanglican.org.au

Love and prayers

Jane Macqueen

On behalf of the Servant Leaders