

Anam Cara Community



Waterholes: 29 April 2017



Rock Pool, Marengo. Take a moment to **Pause** and be fed by the marvels of creation. Photo Ross Byrne

Welcome

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 30th 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

Farewell for The Rev'd Anne Turner - Elder of the Anam Cara Community

Saturday 13th May: 10.30am - 12.00pm.

Anne's ministry through the founding of the Cara Community has touched the hearts of many. Dean Susanna and the Cathedral Parish are hosting a farewell 'Brunch' at Delbridge Hall, St Paul's Cathedral, Sale. This will be a lovely informal opportunity for people to drop in during the morning and see Anne. Anne will be moving to Canberra at the end of May. Her children and grandchildren are looking forward to having Anne close and are counting the days!

Your prayers are much appreciated as Anne begins this next stage of her journey and lives with the grief of moving on her own and leaving the home Brian built for them with the joy of being closer to her family. Anne will of course remain connected as an Associate of the Community and continue her ministry of prayer.

Coming Events

Dates for your diary:

1. Winter Quiet Day - 22nd July

Reflection to be led by: **The Rev'd Dean Spalding**

St Mary's Morwell

2. Gippsland Diocesan Retreat - The Abbey of St Barnabas

Winter Earth and Pomegranates

Led by: **The Rev'd Susanna Pain**

5pm Friday 11th August - 3.30pm Saturday 12th August

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 Kay in her ministry and leadership and in her preparations for Synod.
- The registry staff, Brian, Annette, Kellie, Sue and Deacon David.
- Anne Turner with the final preparations and difficult farewells as she prepares to move to Canberra.
- Thanksgiving for the life of Associate Pam Clay. We pray for her family and friends 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.
- 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, the people of Paris, Afghanistan and all suffering following 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 in this challenging times.
- 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.

O God,
your Son made himself known to his disciples
in the breaking of bread:
open the eyes of our faith,
that we may see him in his redeeming work;
who is alive and reigns with you and the Holy Spirit,
one God, now and for ever. **Amen.**

Reflection

From Associate, **The Rev'd Joan Smith**, retired priest, Canberra.

Luke 24.13-35

I have always been very fond of the story about Jesus' appearance to two very despondent and disconsolate disciples on the road to Emmaus. But it came to mean much more to me in 1991 when my husband Howard and I had the opportunity in 1991 to attend a month long course entitled "The Bible and its Setting" at St George's College Jerusalem. We were able to visit many 'Holy Sites' in and around Jerusalem and as far afield as Nazareth and the Sinai Desert. Two things were emphasised about such sites: one was that "Holy Sites move!" and the other that the claim made in respect of each is simply, "This is where the church remembers..." that such and such happened.

When it came time to remember Emmaus, we were told that there were four possible sites for Emmaus and we were taken to one of those sites where two priests con-celebrated at the Eucharist for us, and one of them was my husband! That was a very memorable moment, among many, from that time for me!

You may have noticed that there is often some difficulty for even Jesus' closest associates to recognise him in his post-resurrection appearances, so we should not be too hard on these two for not knowing who the stranger they met on the road was! Indeed in the first part of this story there is a strong contrast in the way they interpret Jesus' death and the way that Jesus himself does. They see his death as the end, quite understandably, while he sees it as the beginning of something wonderfully new, which is actually the fulfilment of the Scriptures he expounds to them.

He even asks them the question, "Was it not necessary that the Messiah would suffer these things and then enter into his glory?" before he explains, beginning from Moses and then through the prophets, the things that refer to him in all the scriptures. Still they did not recognise him! How often is that true of us, I wonder?

That is not the end of the story, though. They were fascinated with this stranger enough to invite him to stay with them, even as he seemed to want to go on. Luke's narrative relates very simply what happens next: "When he was at table with them, he took bread, blessed and broke it and gave it to them" and at that moment they were able to recognise him *and* he vanished from their sight. This time they were not devastated – they realised there had been a connection with him on the road even though they couldn't put their finger on it at the time – their hearts had burned within them as he spoke!

They were so energised after their momentous recognition that there was no time to mope about his departure. Rather they set out with joy on the road back to Jerusalem, a journey of about

seven miles or 11 km, to tell the eleven disciples and their companions about their experience on the road and “how he had been made known to them in the breaking of the bread.” But, as they say in the ads, “There is more!” Not only do they hear that Jesus has risen but that he has also appeared to Simon! Seeing is believing! And these two, Cleopas and his companion, who were not of the inner circle of disciples, have their eyes opened to recognise and encounter Jesus 'in the breaking of the bread'.

If we look to the reading from Acts we heard earlier, we see the out-working among the apostles, in their preaching and teaching, after they have received the gift of the Holy Spirit who emboldened them be fearless in their spreading of the Good News about Jesus – exhibiting the same remarkable change as happened to the two on the road. Luke wrote this account too!

The Gospel according to Luke and the book of Acts are taken together because of this common authorship and the fact that the gospel ends with an account of the Ascension and the book of Acts begins that way, giving a seamless transition from the events we celebrate over Easter including the post-resurrection appearances through to the Ascension and Pentecost. And the startling thing in those accounts as in the story we read today is the transformation in the disciples and those who believe and are baptised, which is the substance of today's reading from Acts.

In a sense, this is where we come into the story! As Peter says in his sermon, “The promise is for you and your children, and for all who are far away, everyone whom the Lord our God calls to himself”. I remember as a young person in the Methodist Church hearing that promise read every time there was a Baptism service and even then it was a great comfort to me! The promise referred to is that of the gift of the Holy Spirit in Baptism.

As a Methodist, I was also well aware of John Wesley's account of his own conversion of which he said. “I felt my heart strangely warmed within me”. That's not so far from “Did not our hearts burn within us?” is it? My prayer for you is that your hearts may burn within you as you know the Lord in the breaking of the bread.

For further reflection, I offer one of Michael Leunig's prayers:

We pray for the fragile ecology of the heart and the mind. The sense of meaning.
So finely assembled and balanced and so easily overturned.
The careful ongoing construction of love. As painful and exhausting as the struggle for truth and as easily abandoned.

Hard fought and won are the shifting sands of this sacred ground, this ecology. Easy to desecrate and difficult to defend, this vulnerable joy, this exposed faith, this precious order. This sanity.

We shall be careful. With others and with ourselves.

Amen

At unplanned (by us) moments, you come and walk beside us, loving God.
You accompany us into unknown places;
you challenge us to look at things in new ways;
you remind us that we are never alone. Thank you. Amen.

Photo Reflection



Life amidst the stones... weeds or beauty? Iona. Photo, Jane Macqueen

Further opportunities for Spiritual Nurture

1. 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/>

2. 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.

3. 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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