

Anam Cara Community



Waterholes: 23 September 2017



Lake Guyatt, Sale. Photo Karena King

Welcome

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 24th September, 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

Thanks to those who contribute regularly by offering reflections on the Sunday Scriptures. The roster for the rest of the year is now complete, and so this is the final week for this year that we will be using the 'Seasons of the Spirit' resource. We are thankful for this informative resource that provides food for thought and reflection on weeks when our roster is not filled.

Thanks too to those who provide photos for our visual reflections. The changing seasons invite us to journey with what is changing within. I look forward to receiving some photos to reflect the new life of spring.

Spring

Our natural world and our interior worlds need their times of winter, of rest, of hibernation. But with the coming of spring many of us notice that we feel energised by the longer days and the growing warmth. You, like me, may be drawn to the garden; to wonder at the new life, the fresh new leaves, the blossoms, the bulbs that are popping up; to assess the damage done by those savage frosts this winter; to wonder whether there is any life left in what appears to be so dead; to spend time digging and nurturing, preparing for the summer ahead.

As I notice my desire to be in the garden, both working and just sitting, I am reminded to think about my spiritual life.

- Are there parts of me that have been damaged in the winter that need cutting back?
- Is there the promise of new life?
- Where do I see the joy of new shoots bursting forth in my life?
- What do I want to plant and nurture in my daily life this spring?
- I might search at nurseries for new plants to revitalise my garden... where will I search for the things I need to revitalise my spiritual life?

Take time to reflect on new life both in the gardens and in your beings and enjoy the delight of Spring!



Coming Events

Quiet Day

Simplicity and stillness

Come, rest, reflect, renew, refresh...

Led by Dean Susanna Pain

Saturday 14th October 2017

St Paul's Cathedral, Sale.



God help us to live slowly:

To move simply:

To look softly:

To allow emptiness:

To let the heart create for us.

Amen

Michael Leunig

9.30am – 3.30 pm

What to bring: your lunch, pen & notepad.

Tea/coffee/water & Morning Tea provided.

Donations welcomed nil - \$15 depending on means.

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, giving thanks for her ministry amongst us and for her calling to be Archbishop of Perth.

- The registry staff, Brian, Annette, Kellie, Sue and David.
- Dean Susanna as she leads a desert retreat this week in Alice Springs and all who will participate.
- Edie Ashley and the Abbey Chapter, all who will join in the retreat with St Clare and St Francis (details below). For this new stage in the journey of the Abbey.
- Associates and Friends who have asked for our prayers:
- Joan Smith, giving thanks for clarity and prayers as back surgery is planned.
- Norma and June.
- For the people of Mexico suffering and grieving in the aftermath of the recent earthquake and all involved in the recovery and relief work.
- For all suffering following extreme weather events.
- For peacemakers in our world. For political leaders in their discussions and decision making.
- For all refugees and asylum seekers across the globe.

Prayer of the day.

Loving and righteous God,
 your boundless generosity exceeds all that we can desire or deserve,
 and you give to the last worker all you promised to the first:
 liberate us from all jealousy and greed,
 that we may be free to love and serve others,
 and in your service may find our true reward;
 through Jesus Christ our Lord. Amen.

Amen.

Reflection

Exodus 16:2-15; Psalm 105:1-6, 37-45; Philippians 1:21-30; Matthew 20:1-16

Tensions in the Wilderness

God listens and responds, providing through nature, other people, and communities. After the Hebrew people had fled from Egypt, they were tested by unfamiliar territory, hunger, and lack of knowledge. In the midst of such tension, God provided for their needs. In Matthew, Jesus responds to a time of tension with a parable about God's care and generosity.

Today's story follows songs of praise and thanksgiving for God's deliverance in Exodus 15. After crossing the sea and escaping from the Egyptians, the Hebrews entered the Wilderness of Sin, known today as the Sinai Desert. Their journey was not along the main trade routes. The region was arid. Food sources were unfamiliar. Their secure supply of food in Egypt was replaced by the need to hunt and gather food in unfamiliar territory.

The hardship the people of Israel faced in the wilderness was the result of struggling to find food and water in an unfamiliar place. However, the wilderness was also a place of experiencing God's abundance and a time of self discovery. This wandering time reoriented the people from life in Egypt to life with God. God was present with them in captivity, in freedom, and in the wilderness.

The people's complaint was against God's creation. God's provision came in an image of creation – bread from heaven. The name for the bread, *man-uh*, is from the Hebrew question: "What is it?" Each time the Hebrews spoke the name of this bread, they recalled their own question and remembered who had supplied the food. Manuh was probably a sticky, protein-rich substance excreted by insects. God also supplied quail, a small ground bird of the region. All creation is good, as God is present in it.

Moses and Aaron received the people's complaint. God responded to Moses, who played a priestly role as mediator for the people. Moses and Aaron expand upon God's instructions. Aaron called for hope and belief. The voice from within the cloud was a powerful reminder of God's presence. The people understood that the God who delivered them also provided.

When the people of Israel complained about the lack of food, the complaint was against God. Would their memories of food and water in Egypt shake their belief in God? It seems the people had left Egypt, but Egypt had not left them. Until they had indeed left Egypt behind, it would not be possible for them to accept God's covenant, to be given in the law at Sinai (Exodus 19–20). Receiving God's provision of food was part of getting ready to accept a new kind of relationship with God. Moses and Aaron helped the people to move on from Egypt, and get ready for God to give the law.

There is completeness in this story. The entire company complained, then received God's response, and knew of God's presence and care. Such glory of God's saving presence also was celebrated in the Passover feast. Long after these events, those who recorded the stories in Exodus included detailed instructions in these stories to make sure that the Sabbath continued to be observed.

Jesus' story in **Matthew 20:1–16** about the wilderness of unemployment and the landowner who acts in surprising ways reminds us that God's generosity does not follow human reasoning. God's generosity is unlimited. In such generosity, God's justice is seen.

***God listens and responds. Sometimes, we are part of God's response. When have you sensed God's presence in your own times of tension or wilderness struggles? In what ways are you and your church agents of God's abundant generosity for others?

Most compassionate God, we have been to the wilderness.

**We have known unfamiliar territory. We have hungered and despaired.
But, in the wilderness, you meet us and feed us the bread of life.
Refreshed and strengthened, we confess that you are our God. Amen.**

Material from *Seasons of the Spirit* - [SeasonsFUSION](#) a resource for congregations published by Mediacom Education Inc.

Photo Reflection



Yes! The canola fields are bringing joy again. Photo Jane Macqueen.

Further opportunities for Spiritual Nurture

1. St Paul's Cathedral, Sale.

AWAKEN Spring Festival - Speakers with ideas to stretch stimulate and nourish

Saturday 21st October 1.30pm - 5pm

The Earth is the Lord's - Listening to God in Scripture and Creation

Graeme Garrett and Jan Morgan

ROBIN MANN Concert

Wednesday 22 November at 7.30pm in the Cathedral...

Robin's been leading and writing songs for over 40 years, and he hopes to do some more yet. While he's best known for songs like *Father welcomes*, *Comfort comfort* and *May the feet of God walk with you* (and more recent ones *God. Version 1.0* and *For you, deep stillness*), he also performs some 'non-singalong' songs, especially for groups who didn't get the 'community singing' gene.

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

2. The Abbey of St Baranabas

A retreat : 'With St Clare and St Francis'

[6-7 October 2017](#)

Marking an important moment in the journey of The Abbey

Come to nurture the spirit, to enjoy community, to be inspired by God's creation, to celebrate, to give thanks, to pray.

Following a process of discernment The Abbey Chapter has decided to adopt the Franciscan model as the framework for Abbey life and mission.

At this retreat 'With St Clare and St Francis' we will revisit the lives of St Francis and St Clare reflecting on their spirituality, pattern of prayer and way of being church.

We will reflect on our journey at The Abbey through the lens of St Francis and St Clare and we will look forward in anticipation.

Eucharist, led by Bishop Kay, marks the moment with thanksgiving.

Lunch shared - a time of celebration. The Chapel will then remain open for silence and prayer.

Cost per person

Residential: Incl. [dinner Friday, breakfast & lunch Saturday](#)

twin/share accommodation: \$135

single accommodation: additional \$35

Non Residential: incl. [dinner Friday, breakfast & lunch Saturday](#): \$85

Phone: [5156 6580](tel:51566580) Email: info@theabbey.org.au. www.theabbey.org.au

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), cherylr@gippsanglican.org.au

Love and prayers

Jane Macqueen

On behalf of the Servant Leaders