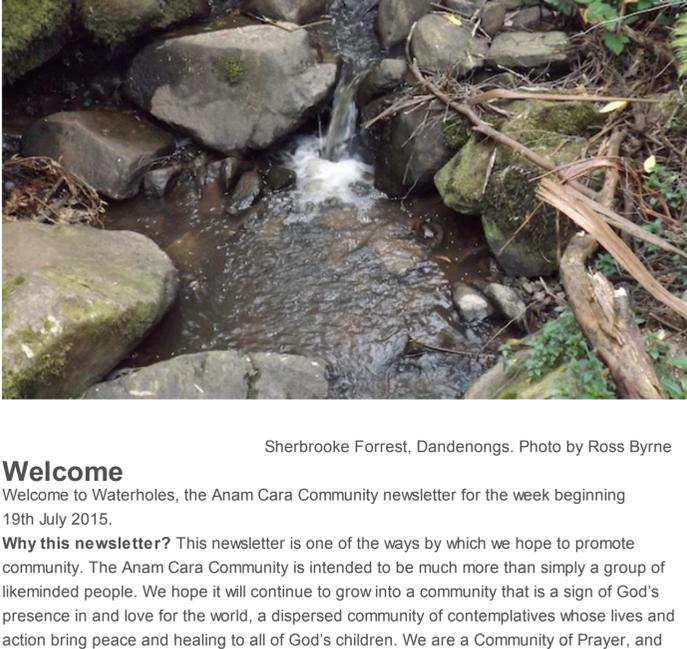


Anam Cara Community



Waterholes: 18 July 2015



Sherbrooke Forrest, Dandenongs. Photo by Ross Byrne

Welcome

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 19th July 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 and news

August Quiet Day

- Saturday 15th August
- St James Anglican Church, Grey St Traralgon
- Led by The Rev'd Brian Turner, Jane Macqueen and Kate Campbell

WinterFEST at The Abbey of St Barnabas and The Abbey Feast 2015

See invitations and details following the Scripture and photo reflection.

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:

- The parishes of Corner Inlet, Croajingolong, Drouin and Heyfield.
- Bishop Kay and her extended family.
- The Diocesan Registry staff, Brian Norris, Annette Hollands and Danielle Matthews.
- Cheryl Russell in her ministry as Director of Professional Standards for the Diocese of Gippsland.
- Thanksgiving for successful surgery for Sue Hopkins, continuing prayers as she recovers.
- Anne Turner who will have surgery on 28th July on the muscles surrounding her eyes.
- Associates who have asked for our prayers: Chris Venning, Norma and June.
- For the people of Nepal & Vanuatu struggling to recover from the devastation of natural disasters.
- All families around the world touched by tragedy as a result of the inhumane actions of others, all suffering following the terrorist attacks around the world. The people of Yemen, Pakistan, Nigeria, Syria, Iraq, hostages and prisoners and those suffering who are known only to God.
- For all refugees and asylum seekers for safety, protection and just treatment. For all in positions of authority to form policies with justice and compassion.

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 chemo.

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.

Prayer of the Day.

Eternal God,
author of our life and end of our pilgrimage:
guide us by your word and Spirit amid
all perils and temptations,
that we may not wander from your way,
but may run our course in safety
until we come to our eternal rest in you;
through the grace of Jesus Christ our Lord,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. **Amen.**

Scripture Reflection

8th Sunday after Pentecost

Reflection: by the Rev'd Trish Byrne, Associate Priest St Augustine's Anglican Church Mentone.

Mark 6: 30-34, 53-56

As we are exploring the gospel of Mark through the set readings for this year we have an opportunity to think about the message from Mark for us.

One way of deepening our understanding of Mark is to read the whole gospel in one sitting. Mark is the shortest of the four gospels, and reading it in its entirety allows us to see more clearly what the essence of his message is about Jesus and the community that was forming around him.

I accept that it is not feasible to read the whole gospel each Sunday but I would recommend that you try to read it from start to finish in one go at least once.

When we do this we can appreciate the crispness of Mark's writing. His sense of immediacy, and the way the whole story of Jesus flows. We become seeped in the story and can learn much about how we are to relate to God and to our neighbour.

Mark's gospel is clearly about relationship, the relationship of the people in his narrative to God through Jesus, and their relationship with and trust in him.

Today's gospel passage from Mark 6:30- 34, 53-56 got me thinking. It seemed to be a bit disjointed, leaving out the whole feeding story. In a way it is an artificial segment because that wasn't the way Mark wrote it.

We begin with the twelve who were sent out, two by two, in v⁷ returning to speak with Jesus and report on their progress. We're not told what Jesus had been doing during that time but we can picture them crowding around, competing to be heard. What does Jesus say to them?

"Come away to a deserted place all by yourselves and rest a while."

Mark mentions that they had been too busy to eat. But as was the way when Jesus was out and about people were aware of him and they began to gather, the news always spread rapidly.

Even though Jesus had suggested that the disciples rest he was overcome by compassion for the people because he knew that they were desperate for good caring leadership and the present system was failing them. So he paused, and began teaching them as he saw they were hungry for guidance. As time went on he suddenly realised that they were also hungry for food and it was getting late.

Mark tells us that when the disciples would have sent the people away to find food, Jesus instructed the disciples to gather what food they could. At the end everyone was fed, needs were met and there were left-overs! They were provided for abundantly.

Then Jesus left them to go and pray and the disciples got into trouble in a boat! Jesus goes to their rescue, reassures them and also calms the waters. All they needed to do was trust in him. Mark says that they were amazed about what happened on the water and didn't understand what had happened with the food. Jesus stayed in the boat with them and they crossed the lake.

In v⁵³ as they beached the boat on the other side they were again greeted by crowds of people anxious to experience the healing they had heard Jesus was doing. There is almost a sense of frenzy about Mark's words here. The talk of Jesus' teaching and healing was spreading, people were drawn to him, Mark says that,

'they rushed about the region and began to bring the sick wherever they heard he was.' There is an urgency about reaching him.

The chapter ends with the declaration that all who touched even just the fringes of Jesus' cloak were healed.

This image was first mentioned by Mark in 5:34, when a woman was healed the instant she touched his cloak. Jesus said to her, *'your faith has made you well.'*

Readers of Mark's gospel have often been baffled at Jesus' apparent instruction to those he has healed to, *tell no one*. This is because in Mark's view Jesus' work is all about building relationship. Miracles at random don't reflect relationship. Jesus' healings require trust from the participant, they don't happen in a vacuum. The healings have the purpose of restoring the outsider, the woman, the leper, the blind and lame to re-inclusion into the community. What can we take away from these few verses of Mark that were set for us to read today?

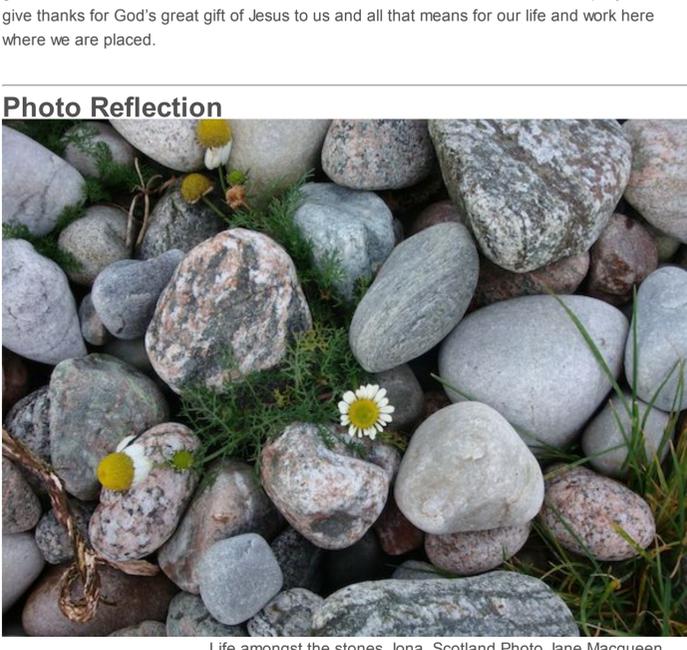
Jesus modelled the need for time apart, to rest, reflect and pray. But he also demonstrated compassion. He stopped to teach those who gathered despite the fact that he and the disciples were hungry and tired. He noticed their need for food and saw that they were well provided for.

He set off once again to pray but when he saw the disciples struggling in the boat he came to their rescue.

When they set off for a new place and were again besieged to heal and help those in need, healing was again offered and people restored to take their place in the community.

At this time of year when daylight hours are short and the weather is cold we might take guidance from the words of Mark and make time to turn aside and rest a while, to pray and to give thanks for God's great gift of Jesus to us and all that means for our life and work here where we are placed.

Photo Reflection



Life amongst the stones, Iona, Scotland Photo Jane Macqueen

Invitations from the Abbey of St Barnabas:

Make the most of the winter months
Come away to

1. WinterFEST

4-9 August 2015

At The Abbey, Raymond Island

Live in or day attendance. Choose your days: mix and match your program or come for the whole week.

Stay at The Abbey for the whole week—or just a few nights. The motel units are warm and very comfortable, each with ensuite.

Cost per person per night for accommodation and breakfast: twin share \$55; Individual room \$90.

10% discount : bookings of three nights or more

Come to the WinterFEST program

Cost per person per day

For full day's program, Morning tea, lunch, and afternoon tea and dinner \$85

10% discount : bookings of three days or more **BOOK NOW!**

Phone (03) 51566580 Email: info@theabbey.org.au Web www.theabbey.org.au

TUESDAY 4th August 2015
Hosted by June Treadwell

Body Mind and Spirit : nutrition, music & movement, relaxation & massage, mindfulness & meditation, men's business.

WEDNESDAY 5th August 2015
Hosted by Sue Fordham

The creative spirit... in written word and speech.

THURSDAY 6th August 2015
Hosted by June Treadwell

The creative spirit... in art, represented in religious art.

FRIDAY 7th August 2015
Hosted by Edie Ashley

Island Adventure: Recovering Pilgrimage

SATURDAY 8th August 2015
Hosted by Sue Jacka and Robert Fordham

Celebration: fermented foods and wine appreciation

SUNDAY 9th August 2015

Breakfast and Invitation to St Peter's By the Lake for 9.30 Eucharist

2. The Abbey FEAST: 29th August at 12 noon

Chefs Bishop Kay and Jeri

Come to The Abbey of St Barnabas on Raymond Island and celebrate with other Friends of the Abbey as we enjoy the chef's gourmet creations.

5 course meal with wine: \$55 per person. Funds raised for The Abbey.

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.anamacaragippsland.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, 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](tel:0407563313), cherylr@gippsanglican.org.au

Love and prayers

Jane Macqueen

On behalf of the Servant Leaders

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