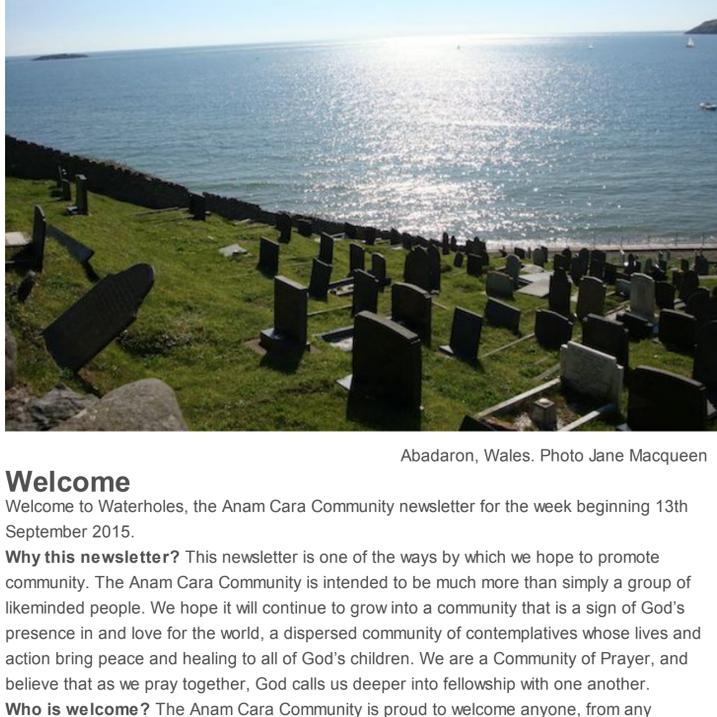




Anam Cara Community

Waterholes: 12 September 2015



Abadaron, Wales. Photo Jane Macqueen

Welcome

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 13th September 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.

Community news and Coming Events

In place of our Scripture reflection today I am pleased to offer a reflection written by one of our Associates for her parish paper. Lynette has generously agreed for us to reprint the reflection in Waterholes. I have been privileged to journey alongside Lynette, her husband Brian and her family over the past five years since the sudden and tragic death of their beautiful son Christian. Lynette tells us simply and poignantly of how Christian's death has changed her forever and has also changed the way she prays. One thing she does not mention is the pain inflicted upon her heart and being when well meaning Christians tell stories of God answering their prayers for a car space to be found. Food for thought for those of us who lead prayer times in public worship and for each of us in our own lives of prayer. May you be blessed by the gift Lynette offers us in sharing her story of love and loss, of grief, questions, faith and prayer.

COMING EVENTS

October Quiet Day

Unfortunately we have made the decision to cancel the Quiet Day which was to have been held on 17th October. Those who were leading the day are now unable to attend due to serious illness in their families.

Thanksgiving Service

Our final Community event for 2015 will therefore be a Thanksgiving Service and Luncheon.

Where: St Mary's Anglican Church Morwell

When: 21st November

Further details to follow but please put this date in your diaries for a time of fellowship and thanksgiving.

Diocesan Retreat

Open to all... clergy and lay people

Retreat leader: Bishop Kay Goldsworthy

When: 5pm Friday 23rd October to 3.30pm Saturday 24th October

Where: The Abbey of St Barnabas on Raymond Island.

For further information please contact Anna at the Abbey on 51566580 or Robert Fordham on 51567966.

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 Orbost (vacant), Paynesville including The Abbey of St Barnabas and Rosedale.
- Bishop Kay and Cheryl Russell Diocesan director of Professional Standards.
- Brian Turner who will have a biopsy and inflating and sealing of the lung on 17th September. For the medical team led by Prof Choong as they care for him and discern a cause for his illness. For Anne as she cares for the carer.
- Heather Toms and her mother Margaret as Margaret receives palliative care.
- Chris Venning as he prepares for surgery on 6th October.
- Associates who have asked for our prayers: Val Lawrence, Sue Hopkins, Norma and June.
- The leaders of all European nations to work together to find solutions for the refugee crisis.
- Thanksgiving for the positive responses from countries including Australia who will accept more refugees. For all who are at present providing care and help to the huge numbers of refugees and for all those planning for the resettlement of refugees. For the refugees themselves in their desperation and distress.
- For all refugees and asylum seekers who remain in detention.
- For all victims of domestic violence and those who care for them.
- For the people of Japan, Nepal, Vanuatu and Myanmar 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 Syria, Yemen, Pakistan, Nigeria, Iraq, hostages and prisoners and those suffering who are known only to God.

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 ministry of prayer and availability as a listening ear. Anne is increasingly house bound as she 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.

God of mercy,
 help us to forgive as you have forgiven us,
 to trust you, even when hope is failing,
 and to take up our cross daily
 and follow you in your redeeming work;
 through Jesus Christ our Lord,
 who lives and reigns with you and the Holy Spirit,
 one God, now and for ever. **Amen.**

Reflection

Contributed by Lynette Teese, Warden, St John's Anglican Church, Maffra.

I'm a reader. I read all the time, and I read almost anything. When something new or unexpected happens one of the first things I do is look for something to read on the topic. You learn a lot that way and often it helps to be better informed.

When something as devastating as the death of your child happens there's a lot you want to know. You want to know why, you want to know how, you want to know what could have been done differently, could / should I have seen this coming, how could this have happened? And if you're a Christian, there are quite a few 'God' questions as well. The biggest of these being 'where was God when this was happening?' This is perhaps the hardest one to find the answer to.

Five years ago Brian and I lost our precious son Christian following a cerebral haemorrhage caused by an unknown brain tumour; he fell sick with little warning and died 2 days later. He died because the haemorrhage caused so much damage; he died because he was so badly injured that he could not get better. He was 13 years old and for us, life as we knew it was over.

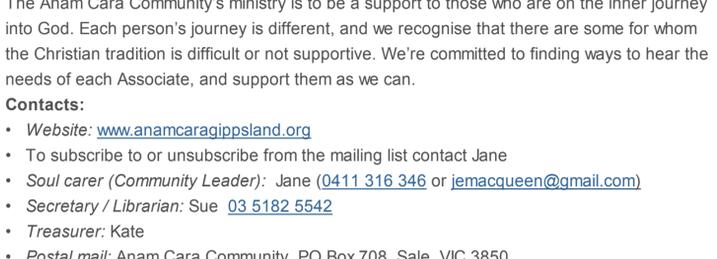
Let me tell you, there is no shortage of books on grief. The loss of a child books could have their own shelf in any bookshop. Some are helpful, some are not, some are simply more cathartic for the writer than for the reader. But one of the books I read following the death of Christian was a book called 'When bad things happen to good people' by Rabbi Harold Kushner. It became for me, and continues to be, one of the most significant books I have ever read because it provided many of the answers to those God questions. Harold writes from a totally credible place because he too lost a son at much the same age as Christian was when he died.

Death of a loved one is always painful. Grief is the downside of love, because when you love you are vulnerable to grief when the person, or the pet, or even the life situation is no more. The more you love the more you grieve. There are no short cuts to it but there are ways of doing it badly. Pretending that things don't matter, or that putting on a happy face is the way to get 'over it' is wrong; closing yourself off from the people around you can be self-preservation at times but in the long run we need each other. It's one of the things God did for us, He gave us each other. At St John's we do a good job of looking after each other following a death, I know that from experience.

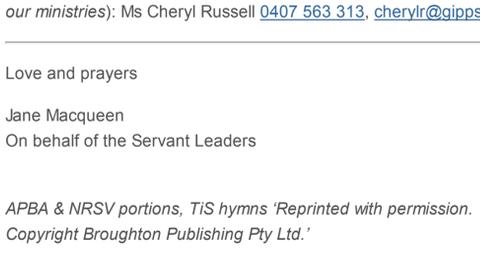
People have asked me if losing Christian changed my faith. It did, it made it stronger and more certain but not in the ways you might imagine. I believe I have a much more 'grown up' faith now. My innocence is gone, and I continue to struggle with what to pray for and what to believe that God can or will do. My friend Harold Kushner helps with this, but it makes me a little different. I don't pray that people will get better anymore because I don't think God decides that one way or the other. I don't pray that people will be safe on long journeys, again because I don't think God works that way. I don't pray that people will be kept safe in storms, fires, floods or other disasters, not because I don't care, I absolutely do. I do pray that those looking after sick people will have skills, patience, perseverance, compassion and clarity of mind to do everything humanly possible so that the outcome might be life. I do pray that the travellers will take care and be alert and make good decisions. I do pray that when disaster strikes, people everywhere will do whatever needs to be done to care for each other.

And when things go badly, I pray that God will bring comfort and care to those in need. I pray that the grief stricken will have the loving arms of Jesus wrapped around them through their friends and fellow travellers. I pray that I say and do the very thing that God would have me say and do. I pray that those we loved and lost are in Paradise and that it is a very grand place to be.

Photo Reflection



A pathway covered with 'fairies' in South Wonston, Winchester. Photo by Jan McIntyre



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, 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), cheryl@ippsanglican.org.au

Love and prayers

Jane Macqueen
On behalf of the Servant Leaders

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