

Anam Cara Community



Waterholes: 16 December 2017



Lake at the Dunkeld arboretum. Photo Ross

Byrne

Welcome

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 17th December 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.

Coming Events

Simply Alive!

A gentle, creative space to begin the year

5.30 Monday 22nd January - 3.30 Thursday 25th January 2018

Led by Susanna Pain

spiritual director, retreat leader, dancer, Interplay Facilitator, Anglican Priest

"Practice any art, music, singing, dancing, acting, drawing, painting, sculpting, poetry, fiction, essays, reportage, no matter how well or badly, not to get money and fame, but to experience becoming, to find out what's inside you, to make your soul grow" - Kurt Vonnegut

Come together with a small group of companions to rest, play, create and explore - through silence, art, poetry, music, movement and storytelling.

The Abbey 1 - 25 First Parade Raymond Island 3880

Cost per person

Residential: motel accommodation - all meals provided

twin/share accommodation: \$396

single accommodation: additional \$105

To book or further information contact The Abbey

Phone: [\(03\) 5156 6580](tel:(03)51566580)

Email: info@theabbey.org.au

Community News

This will be our final Waterholes for 2017. Waterholes will resume in February 2018.

Thank you to Dean Susanna who has contributed the reflection for today.

I encourage you to set aside some time... perhaps as you prepare to celebrate the New Year, to reflect quietly and prayerfully using the Examen questions that Susanna poses for us at the end of her reflection. As you look for God's presence in your lives may this be a gift to aid you in entering the new year with joy and prayerful purpose.

Thank you Susanna.

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 jemaqueen@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 this time of waiting, resting and preparing for her Installation as Archbishop of Perth.
- The registry staff, Brian, Annette, Kellie, Sue and David.
- Thanksgiving for the Gippsland Synod adopting the three bills in relation to Safe Ministry to Children.
- For all who have been wounded by the church.
- For all who are entrusted with the responsibility of enacting the Royal Commissions recommendations.
- For our churches to be places of joy, hope, inclusion and welcome this Christmas season.
- For all clergy in their preparations for Christmas services.
- For those for whom Christmas is a challenging time.
- Associates who have asked for prayer: Norma, June, Anne Turner, Chris Venning, Sue Hopkins and Val Lawrence.
- For those grieving and experiencing suffering as result of senseless violence.
- For peacemakers in our world. For political leaders in their discussions and decision making.
- For wise and compassionate counsel and some direction and hope for the future of refugees and asylum seekers across the globe.

Prayer of the day

Eternal God,
you sent John the Baptist
to prepare the way for the coming of your Son:
grant us wisdom to see your purpose
and openness to hear your will,

that we too may prepare the way for Christ
who is coming in power and glory
to establish his rule of peace and justice;
through Jesus Christ our Judge and our Redeemer,
who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. **Amen.**

Reflection

Advent 3

Reflection by Dean Susanna Pain

Today on this third Sunday in Advent, 'gaudete' Sunday, our theme is joy! We take time out from the more sombre message of the other Advent Sundays, of waiting, and preparing and repenting, to symbolise the joy and gladness this promised coming brings. This, I think, is a helpful spiritual discipline at this time of year, to focus on joy.

Today we are invited to joy whatever our circumstances.

I have always had difficulty with joy, feeling more comfortable somehow with peace, and yet joy is a crucial part of the Christian message and a gift of our God. Those who are close to God and inspire me are those who have the light of Christ shining through their eyes, and a smile on their lips. I think particularly of Pam Schmack and Pam Clay who when I knew them were getting closer to death, and yet their spirits were burning bright. There was a joyfulness in them which was attractive. Nikolai, too, seems to me a person who reflects much joy.

Sarah Bachelard says:

'I find myself drawn to explore the theme of joy, especially in the busyness and stress. I sense that it matters – for me personally – but also for us as a faith community, to take more seriously than we do, this exhortation to be joyful and to dare to believe that our vocation is to enjoy and not simply to survive our lives. And this is not just because it's a more pleasant way to live, but because joy is the sign, it is the experience of being in Christ.

The philosopher Friedrich Nietzsche observed its absence, saying that if Christians wanted him to believe in their Redeemer, they would need to look a little more redeemed.

Our joy glorifies God, because it makes visible the nature of God as joyous, one who induces joy.'

We can wait for joy, but we can also cultivate it in our lives through practising prayer, gratitude, celebration and enjoyment. We can begin and end each day by looking for the good in that day, by thanking God for moments of peace, experiences of beauty, times of intimacy, or opportunities to play. We can celebrate life through sharing a meal together, a

story, a blessing. We can also offer joy to others through a smile, a word of encouragement, a caring action. This can be tough when we are depressed or grieving, but it can also be tonic for the journey.

Let us open to receive the gift of joy - acknowledging and wondering.

Examen - you may like to reflect on these questions:

As I review the past 12 months, from a year ago through to the present moment - What am I especially grateful for this year?

An event that took place

Courage that I mustered

Love and support I received

I ask for the light to know God and to know myself as God sees me.

Where have I felt true joy this year?

What troubled me this year?

What has challenged me?

Where and when did I find an opportunity for renewal and pause? Have I noticed God's presence in any of this?

In light of my review, what is my response to the God of my life?

As I look ahead, to the coming months what comes to mind? With what Spirit do I want to enter the next few months, the next year?

I ask for God's presence and grace, for this Spirit, as I enter the coming year.

Michael Leunig prays:

God help us to change.

To change ourselves and to change our world.

To know the need for it. To deal with the pain of it.

To feel the joy of it.

To undertake the journey without understanding the destination.

The art of gentle revolution.

Amen.

Photo Reflection



Dunkeld railway station. As you reflect on the past 12 months and look ahead to the new year perhaps spend time gazing at the the railway lines and the light in the photo. Photo Ross Byrne

Further opportunities for Spiritual Nurture

1. St Paul's Cathedral, Sale.

Breathing space for Advent

Mondays to Thursdays in Advent from 5.30pm - 6.00pm in the Cathedral.

A gentle space for reflection as we journey through Advent.

Based on the book 'Christmas Eve in the diner' by Thom Shuman

All Welcome

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. 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.**

NEW OPPORTUNITY: Zena will soon be offering Spiritual Direction and Supervision from the Anglican Church in Drouin. Contact Zena via the website below.

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), cheryl@gippsanglican.org.au
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Love and prayers

Jane Macqueen

On behalf of the Servant Leaders

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