

Anam Cara Community



Waterholes: 2 March 2019



Welcome

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 3rd March 2019.

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.

Upcoming events

**Quiet Day with Bishop Richard in 2 weeks! Don't miss out...
RSVP today!**



When: [Saturday 16th March](#)

Where: **Holy Trinity Anglican Church, McFarlane St, Stratford.**

Time: [9.30am](#) - [3.30pm](#)

'Ruminating with Ruth'

The women in this story "bear their own burdens . . . know hardship, danger, insecurity, and . . . risk bold decisions and shocking acts to work out their own salvation in the midst of the alien, the hostile, and the unknown." Phyllis Trible

All are welcome to join us for an opportunity to meet with others for a gentle day.

To worship and to listen to reflections by Bishop Richard. There will be time to sit, to reflect, to read, to rest and to listen to God. Time also to share some fellowship with others... both in periods of corporate silence... and in conversation over lunch.

Bishop Richard suggests that if you have time to read the book of Ruth prior to the day that will be helpful... otherwise there will be time on the day...

What to bring:

Your lunch, pen and notepad.

Tea/coffee/water and morning tea provided.

Donations welcomed: nil - \$15.00 depending on means.

ALL WELCOME!

RSVP's or for further details, contact:

Jane Macqueen: jemacqueen@gmail.com (0411 316 346)

or Val Lawrence: vgl@aussiebb.com.au

Other opportunities for spiritual nurture offered by The Abbey and The Cathedral Parish

1. Easter Pilgrimage 2019

Thursday 18th - Sunday 21st April

Share the journey of Easter in a sacred place, a place that speaks of the wonder of God and God's creation: a vulnerable, fragile environment that holds in its embrace those who spend time on its shores. The Abbey - 2 hectares of open bushland, surrounded on three sides by remnant bushland and the shores of the Gippsland Lakes, is a place for reflection, contemplation and walking... *for full details including cost see information at the bottom section of this newsletter following the reflection.*

For further information contact The Abbey

Phone (03)5156 6580 Email: info@theabbey.org.au www.theabbey.org.au

2. Stations of the Cross Exhibition at St Paul's Cathedral.

Opening by Bishop Richard at 2pm on 31st March.

This exhibition will be open until Easter with local artists having created pieces in various mediums to form the Stations of the Cross. An opportunity for contemplation.

- there will be Contemplative Quiet Afternoon with the Stations exhibition on Wednesday 3rd April from 2pm - 4 pm.

3. Men's Retreat - Listening to the call

Leader: Nikolai Blaskow

When: April 13th

Where: St Paul's Cathedral, Sale

Theme: The practice of living with purpose

Reflection: Why when God's world is so big did you fall asleep in a prison of all places?

RSVP and for more information: 0428 167 724

Donation: \$20.00 or donation

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 Richard in his ministry throughout the diocese and for his preparations for the Quiet Day.
- For those who are ill, for the dying and those who sit with them.
- Associates and friends who have asked for prayer: Norma, June, Fiona Barry, Pat Symonds, Chris Venning and Val Lawrence.
- For all programmes working to bring a change in culture and bring an end to violence against girls and women.
- Carmel and Zena as they prepare to sell Bass Hill Hermitage. For wisdom and peace amidst the sadness of this decision and for their ongoing ministry as they await the sale of the property.
- For political leaders to form governments that are committed to justice, inclusion and compassion.
- For all who are suffering as a result of extraordinary weather events, fire, drought, typhoons, hurricanes, heatwaves.
- For our churches to be places of inclusion, welcome and reconciliation.
- For peacemakers in our world. For world leaders in their discussions and decision making.
- For all who suffer as a result of violence.
- 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

O God,

glorious and faithful, you reveal the beauty of your face

to those who seek you with a sincere heart:

strengthen us in faith to embrace the mystery of the cross,

and open our hearts to its transforming power,

so that, clinging in love to your will for us,

we may walk as followers of your Son, Jesus Christ our Lord,

who lives and reigns with you and the Holy Spirit,
one God, for ever and ever. Amen.

Amen.

Holy God, your glory, and power energise our lives.

Bathe us in the warm glow of your love and faithfulness.

Transform us each day to live as part of your story. Amen.

Seasons of the Spirit

Reflection

Transfiguration

Exodus 34.29-35; Psalm 99; 2 Corinthians 3.12-4.2; Luke 9.28-36 (37-43)

Reflection - The Rev'd David Head, Rector, St Mary's Morwell.

THE TRANSFIGURATION – A UFOM EVENT?

Today is called Transfiguration Sunday, the last Sunday of the Epiphany Season. It is also the last Sunday before Ash Wednesday this week, when Lent begins and the following lead up to the events of Holy Week and Easter. Epiphany Season, as many of you no doubt know, follows the twelve-day season of Christmas and is a series of between 5 to 8 Sundays, depending on when Easter and thus when Ash Wednesday itself falls.

These Sundays explore the great epiphany or “revealing” events in the life of Jesus and which reveal him to the world in some way as the longed-for Messiah (in Hebrew) or Christ (in Greek) or Anointed One (in English). The Transfiguration, described today in the Gospel reading, is the last of the great epiphany events before we are thrust into the tragic but ultimately necessary story of the violent arrest, torture, and death of Jesus and the subsequent extraordinary epiphany event of the Resurrection and the final epiphany, the Ascension of the risen Christ.

It is called Transfiguration Sunday because, in the Gospel reading today, Jesus is described as being transfigured before the three disciples who had been invited by Jesus to come up the mountain with him and to spend time apart with him. Suddenly, Jesus is transfigured, changed, or transformed before them. It happens in a blinding white explosion of light under the great power and blessing of God’s cosmic spiritual presence. I have called it a UFOM event! By this I DON’T mean an ‘Unidentified Flying Object Mystery’ event, but an ‘Unusual Fantastic Opening of Mystery’ event!

It is an epiphany, a special revealing of God in Jesus to his disciples and so then to us. As I stated earlier, Transfiguration Sunday is always just before Ash Wednesday. It is a sort

of metaphysical bridge across which we must journey from the joyous sparkling landscape of Christmas into the more dramatic and harsh landscape of the season of Lent and its forty days of preparation for Easter. The Transfiguration, in a way, can be likened to a road sign pointing off into a long stretch of wilderness. Perhaps a bit like crossing the Nullabor. You leave behind the settled countryside and townships and arrive at Ceduna and the sign says 500km to the nearest petrol. It is nothing but treeless, flat, sandy plain until the next tiny town of Eucla and then it is still another 1500km to Perth!!

On seeing this famous sign, you know there's a long tiring journey ahead! Lent too can seem a long tiring journey if you allow it to be. It depends on how you enter the journey. You need to decide to make it a journey of hope, and of learning new things, and of enjoying the beauty and depth of the sparse but important scenery along the way. The Transfiguration points both backwards and forwards. It points backwards, first to the wonder of Christ's birth at Christmas, and second to the powerful revealing of Christ to the world in the coming of the Wise Men to bring homage to the Christ Child, and third to the breaking open of heaven at the Baptism of Jesus as God proclaims Jesus as his Son and his chosen one. These are all Unusual Fantastic Opening of Mystery events – all UFOM events!! Now we come to mid-way in Jesus' earthly ministry, and the Transfiguration now points forward to the next great UFOM event which of course is the Resurrection of Jesus as the Christ or Messiah or Saviour for not only the people of Judaism, if they accept it, but also to the whole waiting world.

Throughout Luke's powerful Gospel, which, in our Sunday Roster of readings, we explore and journey through this year, Jesus is seen to pray regularly. It seems he always prays every day for power and strength. His prayer is especially deep before significant events in his ministry and life. It is as if he knows he will need extra focused strengthening before each of these events actually happen. This surely points clearly to the reality that we ourselves ought to pray regularly too if we are to make safe and sure progress through all the ups and downs of our lives.

Here are five examples of Jesus' focused times of prayer.

When Jesus goes up on this mountain of his Transfiguration **to pray**, then we know that something major is about to happen. It is another signpost. As expected, something important does happen. It is a UFOM event! Peter and James and John see Jesus transfigured before them. Jesus is clothed in a transforming white burst of spiritual glory and Jesus is then given homage by Moses and Elijah, representing the Old Testament Covenant to the Jews. Remember the message of the Wise Men, coming from the pagan non-Jewish East, to do homage to the baby Jesus which showed that Jesus had come into and for the world. Therefore, the one and only God is no longer just for the Jews. This

Transfiguration event sadly didn't fully open the eyes and hearts of the three disciples and they still had to grow much more before they understood that Moses and Elijah did not come to say that Jesus was just a good Jew, but that that time was past, and that Jesus was both the fulfilment of the Old Scriptures and the beginning of the New Covenant of God with all his Creation.

Photo Reflection



Photo: Ross

Byrne

Further opportunities for Spiritual Nurture

1. Anam Cara Community Dates for 2019

1st June - Quiet Day - St Paul's Cathedral;

14th September - Quiet Day - St Mary's Morwell;

23rd November- Thanksgiving Service at the Cathedral

2. The Abbey of St Barnabas, Raymond Island

Easter Pilgrimage 2019

In the company of God's creation

Share the journey of Easter in a sacred place, a place that speaks of the wonder of God and God's creation: a vulnerable, fragile environment that holds in its embrace those who spend time on its shores. The Abbey - 2 hectares of open bushland, surrounded on three sides by remnant bushland and the shores of the Gippsland Lakes, is a place for reflection, contemplation and walking.

[Thursday 18 April - Monday 22 April 2019](#)

Four nights at The Abbey in well appointed motel style rooms

Maundy [Thursday evening](#) till mid [morning Monday](#)

Cost per person twin share \$262 - includes accommodation and breakfast

Cost per person single \$407 - includes accommodation and breakfast

RSVP: [Monday 8th April 2019](#)

Liturgies, some held at St Peter's by the Lake Paynesville

Others at The Abbey include Maundy [Thursday](#) Eucharist and Foot Washing

Good [Friday Morning](#) Service and afternoon Stations of the Cross

Easter Light Service on Easter Eve and Eucharist on Easter Day

Share with people from the Paynesville congregation and Bishop Richard and his family [on Saturday night](#) and [Sunday morning](#).

For further information contact The Abbey

Phone (03)5156 6580 Email: info@theabbey.org.au www.theabbey.org.au

2. St Paul's Cathedral, Sale.

- 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

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?

Carmel and Zena are still taking bookings for retreats at the Hermitage but can only confirm and take deposits 30 days in advance in case of a short settlement.

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), cherylrussell1@bigpond.com
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Love and prayers

Jane Macqueen

On behalf of the Servant Leaders

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