

**Anam Cara Community**



## ***Waterholes: 30 March 2019***



Photo, Ross

Byrne

### **Welcome**

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 31st 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.

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## Stations of the Cross Exhibition at St Paul's Cathedral

Local artists have created pieces in various mediums to form the Stations of the Cross. An opportunity for contemplation.

**Bishop Richard will Open the Exhibition at 4pm TODAY... Sunday 31st March (Note the later time)**

**ALL WELCOME**

- This exhibition will be open until Easter.
- There will be **Contemplative Quiet Afternoon with the Stations exhibition on Wednesday 3rd April from 2pm - 4 pm.**

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## 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](mailto: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 leadership and ministry throughout the diocese. Leanne, Rachel and Nicholas.
- The Registry staff, Brian, Annette, Sue, Jill, David, Tim and Richard Connelly in their daily work and as they move to Chapter House this Friday.
- The people of New Zealand - the injured and the bereaved. Muslim communities in New Zealand and around the world in their grief. Peace be upon you.
- For leaders of churches and nations and for each of us in our daily lives to have conversations that disarm the fear of difference and share compassion and kindness.
- 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**

God of compassion,  
 you are slow to anger, and full of mercy,  
 welcoming sinners who return to you with penitent hearts:  
 receive in your loving embrace all who come home to you,  
 and seat them at your bountiful table,  
 that, with all your children,  
 they may feast with delight on all that satisfies  
 the hungry heart.  
 We ask this in the name of Jesus Christ our Saviour,  
 one God, for ever and ever. **Amen.**

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## **Reflection**

The Rev'd Marilyn Obersby  
 Luke 15.11-32

Jesus' parable of the Prodigal Son has been studied and analysed by many people, lay and religious, over the years. Since our local chapter of the order of St Luke is having a healing service this Sunday, I have looked at the parable from that standpoint.

I have written a healing meditation, which is too long to reproduce here, but I would like to reflect on its theme – that of the older brother in the parable.

In him I recognise, not only myself, but also many Christians I know and have met over the years. In theory we all believe and accept that God loves us all and welcomes “sinners” into

the kingdom of God. However, it is often much more difficult for us, who have been part of the Christian church for a long time, to accept that in practice, especially when we perceive, that someone who has been less than deserving of God's mercy and forgiveness, comes to a point when they "come to themselves" as did the younger son in the parable.

Like the workers in the vineyard, who had worked all day in the hot sun, were resentful at being paid the same as those who had only worked one hour, so we sometimes develop a sense of "entitlement" about our place in the kingdom, as if we somehow are more deserving because we've been following Jesus longer.

So, like the older brother, we too sometimes need healing – from our resentment, our anger, our pride of entitlement, our lack of love and compassion. It's interesting to note that Jesus ends the parable without specifying the older brother's final response. Hopefully he will be able to see his own need for repentance and forgiveness and for his need to be loving and compassionate to his younger, wayward brother.

My meditation ends by asking the hearers to invite Jesus to come and show them where they too may be blind to their own need for healing of any grudges or lingering resentment. Hopefully, on this fourth Sunday of Lent, as we all continue our walk to Jerusalem and the Cross with our Lord, we might each invite Jesus to do the same for us.

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## Photo Reflection



Iona. Photo, Jane

Macqueen

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## 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](mailto:info@theabbey.org.au) [www.theabbey.org.au](http://www.theabbey.org.au)**

### **3. St Paul's Cathedral, Sale.**

#### **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

- 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](mailto: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

#### **4. 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.

#### **5. 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](http://www.basshillhermitage.com.au) for more information.

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## **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](http://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](mailto: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](mailto:cherylrussell1@bigpond.com)
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Love and prayers

Jane Macqueen

On behalf of the Servant Leaders

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