

Anam Cara Community



Waterholes: 25 May 2019



Photo: Ross

Byrne

Welcome

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 26th May 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.

Coming Events

***** QUIET DAY IS NEXT SATURDAY!!**
Don't miss out. RSVP today for...

A Quiet Winter Day with Dean Susanna...

Saturday 1st June
St Paul's Cathedral, Sale
9.30am - 3.30pm

We take time to reflect on the changing seasons of our faith journey.

For everything there is a season, and a time for every matter under heaven Ecc 1:1

Consider the lilies, how they grow; they neither toil nor spin; yet I tell you, even Solomon in all his glory was not arrayed like one of these. Luke [12:27](#)



If you want to identify me, ask me not where I live, or what I like to eat, or how I comb my hair, but ask me what I am living for, in detail, ask me what I think is keeping me from living fully for the thing I want to live for. Thomas Merton

All welcome

RSVP: Jane Macqueen - jemacqueen@gmail.com or 0411316346

2. Pilgrimage Retreat at the Abbey with Ken Parker

5.00pm Friday 28th June - 3.30pm Saturday 29th June

Further details below, following the photo reflection...

3. Into the Cave: sacrament, silence and story

A nourishing winter retreat at the Abbey with Dean Susanna

5.30pm Monday 8 July – 3.30pm Friday 12 July 2019

Further details below, following the 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:

- Bishop Richard and Bishop Manesseh Gahima. Bishop Richard is in Rwanda for Bishop Manesseh's installation as Diocesan bishop tomorrow.
- Leanne, Rachel and Nicholas as Bishop Richard is in Rwanda.
- The Registry staff, Brian, Annette, Sue and David.
- For leaders of churches and nations and for each of us in our daily lives to have conversations that disarm the fear of difference.
- 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, Sue Hopkins 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 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

Great and loving God,

your will for us and your Son Jesus

is the peace which the world cannot give,

your abiding gift, the Advocate he promised.

Calm all troubled hearts,

dispel every fear,

and keep us steadfast in your love and faithful to your word.

Grant this through Jesus Christ, the first born from the dead,

who lives and reigns with you now and always

in the unity of the Holy Spirit,

God for ever and ever. **Amen.**

Reflection

The Rev'd Heather Toms - *John 14.23-29*

The Jewish religious leaders were plotting to kill Jesus, and Jesus was trying to prepare his disciples for what lay ahead. Jesus' disciples were still expecting great things of him. Jesus had told them more than once that he was going to die, but his warnings had gone in one ear and out the other. Jesus' disciples did not want to hear anything so contrary to their expectations.

Now, in our gospel reading, Jesus tells them once again that he will be going to the Father and that his disciples ought to be glad for him that he will be going to his Father. He says: 'Now I have told you before this takes place so that when it happens, you may believe'.

That is how it will happen. Before Jesus' resurrection, the disciples were afraid, uncertain and confused. However, after his resurrection, everything fell into place for them. They remembered what Jesus had told them and they believed.

To prepare his disciples for what was coming, Jesus said: 'Peace I leave with you. My peace I give to you; not as the world gives, give I to you. Do not let your heart be troubled, neither let it be fearful.'

Jesus meant those words for us as well as for his first disciples. Jesus says to us: 'Peace I leave with you. My peace I give to you.' He says to us: 'Do not let your heart be troubled, neither let it be fearful.'

'My peace', what peace did Jesus have? Perfect peace, look at the life of Jesus and you will see that perfect peace displayed. When he and the disciples were in the boat and the storm was raging he was asleep on a cushion. He was not distressing out like the disciples were, Jesus was at peace. When the religious leaders were being contentious with him he did not start stressing, Jesus maintained his control, and he was at peace. When Jesus was being arrested he was at peace. When he was being falsely accused once again He was at peace. When he was being stripped, beaten and nailed to the cross, at peace.

When we think about this peace it is easier said than done in a world where things seem to consume us and are at times quite chaotic! Our hearts are troubled. We are afraid. The daily news is full of terrifying things. Hurricanes! Earthquakes! Floods! Wars and rumors of wars!

Jesus had a close connection with his Father and he never took his focus off him. He knew there was no reason to doubt. He knew there was nothing to fear. The perfect peace

that Jesus has he wants to give to us.

'I do not give to you as the world gives.' The biggest contrast between the world's peace and the peace Jesus gives is the world cannot bring peace between humans and God, but Jesus can and he did. He is called the prince of peace for he came to bring peace between humans and God through his sacrifice on the cross.

Another difference between worldly peace and heavenly peace is worldly peace is temporary, fragile and unstable while heavenly peace is permanent and secure. That is because worldly peace is outward while heavenly peace is inward. Worldly peace is conditional. As long as things are going well, we will be at peace. But, if there is a spanner thrown into the system then we will not be at peace. As long as you stay peaceful with me I will be at peace. But, when that changes then our state of peace will quickly come to an end.

However, the peace that Jesus gives, the peace that is established through being at peace with God is not temporary or conditional, it is continual despite the circumstances we are in or the people we are around. Not that we purposely put ourselves in chaotic circumstances or surround ourselves with angry people but when we find ourselves dealing with such we can still be at peace.

In the midst of those terrifying things, Jesus says: 'Peace I leave with you. My peace I give to you.' It would be wonderful to have peace! Absolutely! It would be great to feel secure! What would it take for us to feel truly peaceful, truly at peace with ourselves and the world in which we live? We might say and believe 'I would be peaceful if I just had employment, or if I could just get out of debt, if I could retire, if I just had good health insurance, or we might say 'if I just had good health.'

I believe each of those answers has this in common. They all have to do with security. For the most part they have to do with financial security, work, debt, retirement, insurance. But the business of good health has to do with life itself.

However Dietrich Bonhoeffer, the German pastor who was executed by the Nazis, said, 'Peace is the opposite of security.' That sure is provocative! 'Peace is the opposite of security.'

Most of us would answer, 'No' this is all wrong! If we just had this or that or the other thing, we would feel secure and then we would have peace. But we cannot be at peace while we are out of work, or deep in debt, nor have no life insurance.'

However I suspect that Bonhoeffer would answer, 'No. We would not feel peaceful. Once we met that need, we would find another need. Peace is not what happens around us. Peace is not what happens to us. Peace is what happens inside us, down deep, at the core of our being.'

Bonhoeffer knew whereof he spoke. Arrested for opposing Hitler, Bonhoeffer knew that his chances of surviving the war were very slim; however he knew there was a chance. The war was going against the Nazis, and it was just a matter of time. But Bonhoeffer knew that his jailers were likely to come for him one day, and that would be it.

Living like that could destroy a person, could reduce him to a pitiful, shrunken, shell of a person. But that did not happen to Bonhoeffer. He did what he could, never knowing if it really mattered. He did what he was able to do, never knowing what would come next. He wrote. He prayed. He ministered to the other prisoners. And when the guards finally came for him, he went bravely. He was able to do that because he had peace, peace at the core of his being, the peace that surpasses understanding, the peace that comes from having God at the center of our life. That is the peace that Jesus offers us.

A close dear friend of mine was a prisoner of war in Changi. Violence by the guards was common and often the prisoners would receive a 'Binta' a strong slap on the face or other various kinds of beatings. He and his fellow prisoners suffered from starvation, malnutrition and diarrhea, a double-edged sword that killed several of his fellow prisoners. However the one thing he was able to do and continued to do was to 'practice his religious belief, and he wrote his story on scrappy toilet paper.

'You cannot ever stop a man from praying.' Even in that hellish place, Laurie felt a heavenly presence. Even after being so absolutely cut off from the world he had known, he was able to speak to God. Even in the midst of his suffering, Laurie knew that God cared. Even when everything seemed hopeless, Laurie continued to hope that God would help him. That gave him peace, the kind of peace that we all need at some point in our lives. {Laurie was a very strong, beautiful Godly man who forgave his captors and now is with his Lord. He was very much part of my journey.}

Most of us will never be a prisoner of war, but we will all experience some sort of Gethsemane, some sort of terrible, wrenching loss that will threaten to undo us. It could be the loss of a job, or it could be the loss of a loved one. It could be any kind of hardship or tragedy. How well we respond will be determined, in large measure, by our spiritual preparation by whether or not we have peace at the core of our being.

Gethsemane experiences seldom telegraph ahead to warn us to prepare. We will seldom get a notice that says, 'You have three months to strengthen your spiritual bulwarks.' When the penny drops, when the doctor says, 'Cancer', when we get a phone call in the middle of the night with terrible news at that moment, we will have at our disposal only the resources that we have developed over a lifetime.

If we have made prayer a regular spiritual discipline, that will strengthen us. If we have studied the Bible or memorized scripture passages, that will help us. If we have friends at

church, they will help us. If we can remember Jesus' story how his death was followed by his resurrection that will help us. Those things will help us through the terrible times. Those things will help to give us peace.

When Jesus said to his disciples, 'Peace I leave with you, my peace I give to you', he also gave them an idea what he was talking about. He told them that, while he was going to leave them, the Father would send the Holy Spirit to help them as friend, comforter, counsellor, teacher and healer. Jesus told his disciples that the Holy Spirit would teach them everything that they needed to know. The Holy Spirit would help them through good times and bad.

In other words, Jesus' disciples would have God's presence with them God's Spirit living within their hearts. Jesus was assuring them that God would be, in the words of the beautiful ancient benediction:

With his disciples to defend them, within them to refresh them, around them to preserve them, before then to guide them, behind them to justify them and above them to bless them.

What a wonderful promise of the Holy Spirit Jesus' assurance that God would dwell with his disciples forevermore.

It is also Jesus' assurance that God will dwell with us forevermore. We Christians have received that same Spirit, God's Holy Spirit that Jesus promised his first disciples. We have God's presence always with us, God's Spirit living in our hearts. We have God's Spirit:

With us to defend us, within us to refresh us, around us to preserve us,
before us to guide us, behind us to justify us
and above us to bless us.

And we have Jesus' assurance that God will dwell with us forevermore.

And that gives us peace, peace for good times and bad, peace forevermore.

Jesus promises, 'Peace I leave with you. My peace I give to you; not as the world gives, give I to you. Do not let your heart be troubled, neither let it be (afraid).'

Photo Reflection



Photo, Jane

Macqueen

Would you like to experience Spiritual Direction?

Spiritual Direction is the gentle art of one person listening to the life experience of another and assisting them to become aware of the presence and love of God in their lives.

Spiritual direction assists people to grow in their relationship with God and commitment to prayer.

Jenny Batten recently moved to Sale from Melbourne and is currently in her third year of formation as a Spiritual Director with the Living Well Centre at the Cheltenham Retreat Centre. The Living Well Program consists of both knowledge input and practical experience of giving direction under supervision. The experience of giving direction under supervision is an essential and integral part of the training where students are required to be seeing directees on a regular basis, in order to develop the skills and practices of a spiritual director, and then to reflect on that experience with a trained supervisor. This is like the intern program in some other professions. All students meet regularly with their own spiritual director and are in supervision with a trained supervisor.

Jenny is looking for people who would like to volunteer to spend time as Directees with her as she completes her final two years of training. Each session is for no more than an hour and there is no remuneration for these sessions. Please contact Jenny for more information.

Jenny is available for sessions at her home, 6 Heron Court, Sale.

CONTACT: [0438213382](tel:0438213382)

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

a) Pilgrimage Retreat at the Abbey with Ken Parker

'WE SHALL NOT CEASE FROM EXPLORATION'

'We shall not cease from exploration

And the end of all our exploring

Will be to arrive where we started

And know the place for the first time' T.S. Eliot

Ken Parker will lead a retreat on the theme of pilgrimage, inspired in part by T.S. Eliot's words on exploration which end the long term poem 'The Four Quartets'. Equal inspiration comes from Sebastian Smee's recent and provocative Quarterly Essay, 'The Inner Life in the Digital Age'. We will hear of physical pilgrimages and there will also be the encouragement to participants to do the important work of reflecting on their inner journeying.

[5pm Friday 28 June - 3.30pm Saturday 29 June 2019](#)

Cost per person

Residential: Inc [Dinner Friday, Breakfast](#) & [Lunch Saturday](#)

twin/share accommodation: \$135.00

single accommodation: additional \$35.00

Non Residential: Including [Dinner Friday, Breakfast](#) & [Lunch Saturday](#): \$85.00

RSVP: [Monday 24 June 2019](#)

For all bookings and further information phone The Abbey on [\(03\) 5156 6580](tel:(03) 5156 6580) or

email info@theabbey.org.au

b) Into the cave: sacrament, silence and story.

5.30pm Monday 8 July–3.30pm Friday 12 July 2019

A warm nourishing winter retreat at the Abbey at Raymond Island.

Curl up, nurture your relationship with the divine using silence, stories and creative practices,

in the beauty of creation, alongside koalas, kangaroos, echidnas and black swans..

A time to hibernate, rest, reflect, draw near to God..

Led by Susanna Pain

Spiritual director, retreat leader, dancer, InterPlay Facilitator, Anglican Priest

Cost \$656.00 twin share or \$836.00 single room

For all bookings and further information phone The Abbey on [\(03\) 5156 6580](tel:0351566580) or

email info@theabbey.org.au

3. 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 5.30pm Monday - Wednesday

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 once a month on the **4th Tuesday 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 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

APBA & NRSV portions, TiS hymns 'Reprinted with permission.

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