

**Anam Cara Community**



## ***Waterholes: 23 June 2019***



Katoomba. Photo: Jane

Macqueen

### **Welcome**

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 23rd June 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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## Coming Events

### 1. 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...

### 2. 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...

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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, Leanne, Rachel and Nicholas.
- 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, Val Lawrence and Eli Perryman.
- For all programmes working to bring a change in culture and bring an end to violence against girls and women.
- World leaders to make wise decisions in this time of increased tensions.
- 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**

Pour out us, O God,  
the power and wisdom of your Spirit,  
so that we, who have been baptised into Christ  
and made your children through faith,  
may know your Son's power to heal, and,  
being made one in him,  
may overcome all barriers that divide us;  
through our Lord Jesus Christ,  
who lives and reigns with you in the unity of the Holy Spirit,  
one God, for ever and ever. **Amen.**

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## **Reflection**

The Rev'd Heather Toms - Associate Priest, St Paul's Cathedral; Chaplain, Fulham Correctional Centre; Hospital Chaplain.  
Psalms 42 and 43; Luke 8.26 - 39.

Why are you so full of heaviness, O my soul? And why so unquiet within me? Let me explain my thoughts. It is a depressing world out there. We pick up a paper or turn on the evening news and encounter death, disaster, pain, misery, despair. Whether the stories are of the wars in Iraq or Afghanistan, outsourcing of jobs overseas, daily obituary notices or those private, personal stories that never come to public attention, life can be a burden. How about the challenges of raising children in this day and age? And, by the way, Dad, often seen as a 'bumbling dad stereotype' a University study of scientific reports on the relationship between family and child development noted that fathers are not even mentioned half of the time! Dads often feel irrelevant? I know my son does. It is a tough world out there in a word, depressing.

'Why are you so full of heaviness, O my soul? And why so unquiet within me?' Three times in psalms 42 and 43 {and scholars say that the two psalms should be taken together because of their similar language and themes the division is artificial} we find the questions. It is the lament of someone who is cut off from the Temple. Why? Exiled? Illness? Who can say? No matter. The message is the same: 'As the deer longs for the running brooks, so longs my soul for you, O God. My soul thirsts for God, for the living God. When can we go

and meet with God?' The poet's 'thirst for God' is more than simply a desire because, as we well know, we do not live without water. For the psalmist, God is a necessity of life. But, at the moment, communion with God is unavailable.

Ever felt that way? Most of us have from time to time, I know I have. The grief is exacerbated by the taunts of 'Where is your God?' which, in the psalm comes from external sources, but in our lives is a question that may well have passed from our own lips. In the midst of death, disaster, pain, misery, despair, where are you, God?

What makes the moment all the more painful for the psalmist is the memory of days when the opposite was true. He recalls a time when he was not alone, but was part of a crowd on its way to experience God's intimate nearness in the Jerusalem temple. 'These things I remember as I pour out my soul: how I used to go with the multitude, leading the procession to the house of God, with shouts of joy and thanksgiving among the festive throng.' This is not the memory of a sleepy Sunday morning appearance; this is the ecstatic day we were presented to the congregation following confirmation classes, the day our child was baptized, the Christmas Eve communion that warmed us to our depths, that Easter morning when the truth of the resurrection became so real to us that reunion with a lost husband or wife or mother or father, or child was almost close enough to reach out and touch. The psalmist recalls times when his sense of the divine presence was so immediate and full that he felt as if he were beholding nothing less than the face of God.

But that was then, this is now. Now all that he hears is the sound of his own pain 'Why have you forgotten me? Why must I go about like a mourner, oppressed by the enemy? My bones suffer mortal agony.' And there are those relentless taunts again: 'Where now is your God?'

But then, from the depths of the tortured psyche, something wells up, and the rhetorical question, 'Why are so full of heaviness, O my soul? Why so unquiet within me?' is answered: 'Put your hope in God; for I will yet praise him, my saviour and my God.' Three times in these few verses, not only is the question repeated, so is the answer. Despair and hope coexist. They did in Jesus, we heard it in his prayer in the Garden of Gethsemane: 'My Father, if you are willing, remove this cup from me; yet, not my will but yours be done.' The message is simple enough: even though the day's news may be depressing, at the end of the day, what moves us beyond despair is the fact that the day's news is not the end of the story. It was not for Jesus; it is not us.

The gospel lesson is the story of the healing of the Gerasene Demoniac who is presented as being somewhat less than human: wearing no clothes, living in the tombs, driven into the wilderness. But, at the end of the story, he is human again: wearing clothes, in his right mind, sitting at the feet of Jesus, returning to his home. As one commentator reflects: 'In

our day, we have become far more accustomed to attributing calamities and disorders to the forces of nature or to internal mental or emotional problems. The remedy is not exorcism but counselling or medication. The story of the Gerasene demoniac may now be interpreted so that it speaks a word of assurance and hope to those for whom every day is a battle with depression, fear, anxiety, or compulsive behaviour. They will understand what would lead a person to say that his name is 'mob.' {Legion many, for we are many}.

'Put your hope in God.' Jim Wallis, the founder of the Sojourners, a globally respected writer, teacher and preacher and a renowned speaker internationally on ethics and public life. He is a man who has a wonderful advocacy voice for Christian social action, and he delivered an address to some graduates at a University some time ago, 'When he was growing up, it was continually repeated in his evangelical Christian world that the greatest battle and biggest choice of our time was between belief and secularism. But he now believed that the real battle, the big struggle of our times, is the fundamental choice between cynicism and hope. The choice between cynicism and hope is ultimately a spiritual choice, and one that has enormous political consequences'.

He went on to say 'Hope is not a feeling; it is a decision. And the decision for hope is based upon what you believe at the deepest levels what your most basic convictions are about the world and what the future holds all based upon your faith. You choose hope, not as a naive wish, but as a choice, with your eyes wide open to the reality of the world. And the realities of our world are these: almost half the world, close to three billion people, live on less than \$2 a day, and more than one billion live on less than \$1 a day. And every day, 30,000 children die due to utterly preventable causes such as hunger, disease, and things like the lack of safe drinking water things we could change if we ever decided to'.

He continued 'For the first time in history we have the information, knowledge, technology, and resources to bring the worst of global poverty virtually to an end. What we do not have is the moral and political will to do so. And it is becoming clear that it will take a new moral energy to create that political will.' I remember a Bishop sharing with me that the Western World will be held accountable.

Wallis continued that this is a challenge the new graduates would have to face. Do not lose hope. Take the bull by the horns 'connecting your best talents and skills to your best and deepest values, making sure your mind is in sync with your soul as you plot your next steps. Do not just go where you are directed or even invited, but rather where your own moral compass leads you. And do not accept others' notions of what is possible or realistic. Dare to dream things and do not be afraid to take risks. The antidote to cynicism is not optimism but action. And action is finally born out of hope. Try and remember that.'

Why are you so full of heaviness, O my soul? And why so unquiet within me? Put your hope in God.' I share my time in the Prison last Sunday and Monday. I had been invited to

lead a Bible Study with the prisoners and it sounded like a good idea, so I attended on the Sunday afternoon. Of course as we were deciding when it would be best to start these studies and what time a 'man in green' replied, 'Well, we are free most weekends! We are kind of a captive audience here.'

So, arrangements were made myself and about nine men for two hours on the Sunday and seventeen for an hour and a half on the Monday. I recalled one of those prisoners saying to me, 'Heather, all of us within the system hail from only a limited number of suburbs around Melbourne. You know it is like a train. You hop on the train when you are about 9 or 10 years old. And the train ends up in a prison.' Some prisoners continue with tertiary study and some their certificates in various areas behind the walls of the prison. When their sentences are up, here is what one young man said: 'Heather, when I am sent home, I am going to go back and stop that train.'

Fantastic! When the psalmist's question rises within him and behind bars you know that it does from time to time : Why are you so full of heaviness, O my soul? And why so unquiet within me?' his response is 'Put your hope in God' because he knows that there is more to this story.

Frederick Buechner a writer, novelist, poet, essayist, and ordained Presbyterian minister has published many books wrote, 'If preachers decide to preach about hope, let them preach out of what they themselves hope for. They hope that the words of their sermons may bring some measure of understanding and wholeness to the hearts of the people who hear them and to their own hearts. They hope that the public prayers they pray may be heard and answered, and they hope the same for the private prayers of their congregations. They hope that the somewhat moth-eaten hymns, the somewhat less than munificent offerings, the somewhat self-conscious exchange of the peace may all be somehow acceptable in the sight of the One in whose name they are offered. They hope that the sacrament of bread and wine may be more than just a perfunctory exercise. They hope that all those who come to church faithfully week after week may find at least as much to feed their spirits there as they would find staying at home with a good book or getting out into the fresh air for some exercise. At the heart of all their hoping is the hope that God whom all the shouting is about really exists'.

Well, I do hope all that. But what I draw on is more than 'hope' it is something I know down in the depths of my being. No matter how 'downcast' or 'disturbed' my soul ever gets and it does, for all of us I know there is more to the story, and that makes all the difference.

Horatio G. Spafford is a name with which you may probably not be familiar with. Mr Spafford was a successful Chicago lawyer and Presbyterian church elder who lost most of his wealth in the financial crisis of 1873. The first death was of his son at the age of two. He sent his wife and four daughters on a trip to France, but on their way, their ship

was struck by another, and sank. Of 225 passengers, only 87 of them survived. Mrs Spafford was among the survivors, but the four daughters perished. As soon as she reached land, she telegraphed to her husband: 'Saved alone. Children lost. What shall I do?'

Spafford left for France to join his wife and return her to Chicago. In the depth of this bereavement, he wrote something that keeps his name alive, a hymn {his one and only}:

When peace, like a river, attendeth my way,  
When sorrow like sea billows roll;  
Whatever my lot,  
Thou hast taught me to say,  
'It is well, it is well with my soul.'

*'It is well with my soul', penned by hymnist Horatio Spafford and composed by Philip Bass.*

Why are you so full of heaviness, O my soul? And why so unquiet within me? Move beyond despair. 'Put your hope in God.'

As the men in green and I talked at length about life without hope what then, what do we have! For the men hope was based on their faith. Our Christian hope, hope in God in Jesus Christ. It is that confident affirmation that God is faithful, that He will complete what He has begun. It is also, therefore, that confident expectation which awaits patiently and ardently for God's purposes to be fulfilled. **Amen**

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## Photo Reflection



Autumn wonder. Photo, Alison

Macqueen

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## 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)

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## Further opportunities for Spiritual Nurture

### 1. Anam Cara Community Dates for 2019

[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:0351566580) or email [info@theabbey.org.au](mailto: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](mailto: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](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 5.30pm 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 offered **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

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