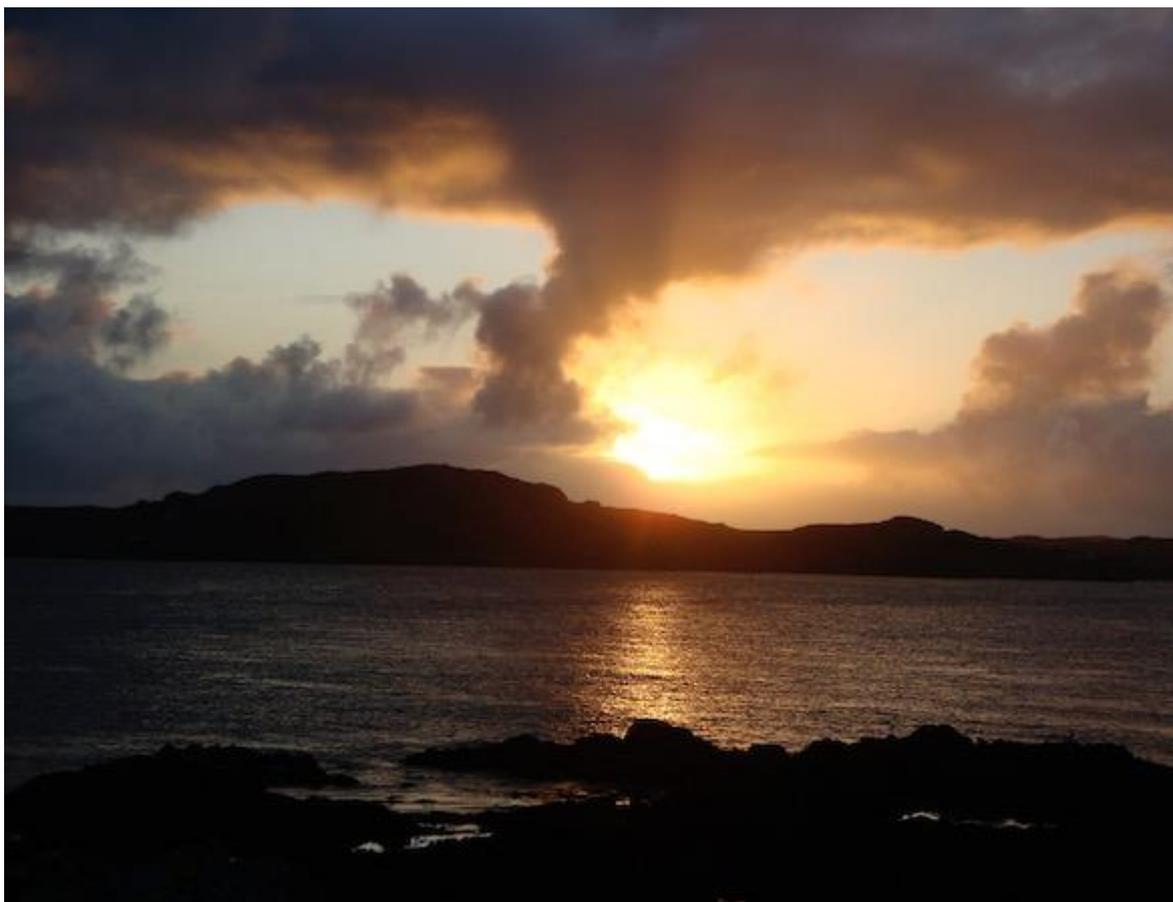


Anam Cara Community



Waterholes: 8 June 2019



Iona. Photo: Jane

Macqueen

Welcome

Welcome to Waterholes, the Anam Cara Community newsletter for the week beginning 9th 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.

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...

Contemplative photography as a spiritual practice

Regular readers of Waterholes will know that part of the ministry of Waterholes includes photos for those of us who find ourselves more drawn to contemplation through image than words. I am always appreciative of those who send me photos, either with a water theme for the first photo or of anything that speaks to them for the second.

At our recent Winter Quiet Day I was encouraged by a conversation with Peter Batten who has facilitated a Contemplative Photographic Network with the Uniting Church. Peter spoke of meeting with other keen photographers with all levels of experience and equipment. Each meeting they would share images based around a theme (e.g. thresholds, light and dark) and reflect upon how the image drew them closer to God. I am hoping we can base a Quiet Day around this spiritual practice in the future...

But for now... others may feel inspired to share images that speak to them for our fortnightly Waterholes. So as you walk, holiday or just sit in your own back yard, if you are drawn to contemplate with your camera, I would be thankful to receive your offerings. Photos for Waterholes are best if they are taken in landscape rather than portrait.

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, 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 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

O God,
who in smoke and fire upon Mount Sinai
gave the law to Moses,
and who revealed the new covenant
in the fire of the Spirit:
grant, we pray,
that, kindled by that same Spirit
which you poured forth upon your apostles,
we may fulfil with joy your commandment of love.
We ask this through Christ our Lord,

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

Reflection

Alex Griffiths, Lay Reader, Loch Sport (the Loch Sport congregation meets fortnightly).

Acts 2.1-21; Gen 11.1-9; Psalm 104.26-36; Romans 8.14-17; John 14.8-17 (25-27)

Pentecost, otherwise known as Whitsunday, is here again – the last Sunday of the Easter season. Next Sunday kicks off the ordinary church year with Trinity Sunday. So as we don't meet (or have an edition of Waterholes) then, I thought we could talk about the Holy Spirit and the Trinity, as it's the theme which segues from this season to the next. It's also a time when we can reflect on what we understand by the term "God", what it means for ourselves, for the world in general, and for our place within it.

Our readings began today with the text we hear each year at this time, the story from *Acts* of the coming of the Holy Spirit. Here are the apostles hiding from the world, bewildered by the crucifixion, resurrection and ascension of their leader, suddenly filled with a confidence and enthusiasm to communicate their joy to any with ears to hear. When **we** hear this story, we often understand it's these Galileans who are granted the power to speak in foreign tongues. But remember there are among the crowd, people who simply hear Aramaic gobbledy-gook, who write the apostles off as drunkards. So which is it, the speakers or the listeners who've been granted the power to transcend language barriers? Perhaps, that's not the point.

Where else in the Bible does the theme of language differences loom large? In *Genesis*, in the tale of the Tower of Babel, human presumption and hubris leads to a dispersion of the peoples. In seeking to emulate God on high, the people lose sight of the divine within the world. They find they can no longer communicate with each other and, as such, are cut off from God on high and from God in the human heart. The story of Pentecost is the reverse image of Babel. Differences don't cease to exist; they simply cease to matter. To recognize God in our neighbour, whoever he or she may be, this in the language of the Bible is the working of the Holy Spirit.

These two stories, those of Babel and of Pentecost, illustrate competing tensions in all of us. There is the impulse within to go it alone, to look after number one, to dominate and divide. The word "sin" is often given to this tendency, and the strong moral overtones attached to that term obscure the reality that this impulse is ubiquitous, usually banal, and often, not particularly blameworthy. In Biblical language again, it's simply an inevitable part of our fallen nature, but that's not to minimize any of its potential corrosiveness. However,

when we forgive ourselves and our neighbours of that brokenness, we feel drawn to them, rather than threatened. The tendency to categorize, to judge and to find lacking, that proclivity for dispersal is reversed, and the process for coming together is opened. It's like a pebble dropped into a bowl of water – the ripples spread as far as they can go, and then return to where they began, on and on, for ever and ever.

Pentecost is usually all about the coming of the Holy Spirit, or in Jesus' words according to *John*, "the Spirit of truth" or the "Advocate." This dimension of God's being is characterized as the one working within the world, that aspect of the divine which sustains and nourishes us in the daily business of living. In a recent chat with Dean Spalding, the rector at Drouin, he mentioned that in the *Acts* reading, when Peter quotes the prophet Joel, "... and your young men shall see visions, and your old men shall dream dreams", the original Hebrew and Greek speak only of "your youth" and "your elders." The Holy Spirit recognizes no distinctions – male or female, young or old, slave or free. This experience of the divine is open to all. God is universal.

This is one of the persons of the Trinity – Father, Son and Holy Spirit. As you may be aware, the doctrine of the Trinity is nowhere articulated in the Bible, this notion of a three-in-one or triune God. Almost as many fruitless words have been expended on making clear this doctrine as have been wasted trying to explain the *Book of Revelation*. But a paradox is defined by its very inexplicability. In this case, it speaks to a spiritual reality, not an intellectual one. The Trinity is a human concept trying to capture our varied experiences of being – our own, our neighbour's, the world's, of "being" itself. It's trying to dissolve the distinction between creator and creation, the divine and the worldly, between God and you or me. Further on in the *Acts of the Apostles*, Paul is speaking to Athen's philosophers. His listeners are characterized as trying to fit the divine into a neat intellectual formula, which is a common-enough theological error. Paul says, "The God who made the world and everything in it, he is Lord of heaven and earth." And then Paul quotes one of their own thinkers, Posidonius – "In him we live and move and have our being." The creator of beings is the sustaining source of being itself.

Picture an image of that famous icon depicting the persons of the Trinity.



It dates from the fifteenth century by the artist Rublev. Like the concept itself, this image doesn't presume to make clear a reality – rather, it opens a way into navigating the mystery of our own being. The two-dimensional quality of icons is not an artistic failing – it's an invitation to see through the surface to a deeper truth. In the image, the respective persons of the Godhead are not identified. Any one of them might be Father, Son or Holy Spirit. A constant attention, intention and energy passes from one to the other and back again, round and round about. And a place at the table remains unoccupied – or does it? No, that place is set for us. You, me, we complete the picture.

Too often, we hear representatives of churches claiming that they have the answer. But what's the question? The few times that religions are honest with themselves and their believers is when they stop staking any claim to the truth, and simply offer a language of stories, symbols and rituals through which the seeker may rest within the mystery at the heart of existence. Should we find ourselves on the wave of a ripple on the way out to the edge, it may be the language of faith which recalls us to the centre and to each other.

Photo Reflection



Wild geese, Iona. 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

[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

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