



IN THIS ISSUE...

We consider prayer—
why we pray and how,
seeing ways in which
this precious gift can
change us and bring us
closer to God.

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Editor: Liz Johnstone



Bishop Genieve shares 'Thoughts on Prayer'

*Bishop Genieve Blackwell,
Marmingatha Episcopate**

Prayer is predicated
on who God is and how God revealed
himself to us, ultimately through Jesus but
also through earlier figures such as Abraham
and Moses.

God is just. God is righteous and faithful.
We are living on this side of Jesus' death and
resurrection.

We also learn about prayer through Jesus,
who prayed to God as Lord of heaven and
earth (Matthew 11:25) and as his holy Father
(John 17). He is God's Son and we, as God's
children, pray also to God as our Father.

My prayer life cannot be separate from my
knowledge of Scripture: they go together.
This includes contemplative prayer. Ignatius,
in his discernment exercises, and Julian of
Norwich both developed their prayers from
an understanding of the Scriptures and the
grace of God.

On what basis do we pray?

We pray as we are taught. Jesus taught a
simple prayer to his disciples when they
asked him how to pray.

For centuries, as Christians met together to
worship God, we learnt how to pray, taking
this into our individual prayers, just as the
disciples learnt by praying together with
Jesus, through the Lord's Prayer. However,
in more recent times, this has been
reversed, with people learning to pray
individually, then taking this into public
worship.

So, the Common Prayer book helps us to
know how to pray, just like the Psalms did
for the Israelites and the early Christians.
Jonah's prayer, while in the belly of the fish,
and Mary's song are both based on the
Psalms. So, they also shape our praying.

Prayer is different to talking to a friend.



Spring 2017 Newsletter

Although Moses saw God face to face, that
is the exception to the rule: 1 Corinthians
13 tells us that it is our hope to see God
face to face, not a present reality. But,
through the Holy Spirit, we have the
experience of intimacy with God.

Why do we pray?

It is how we live by grace. We are saved by
God's grace, so we live by grace, as sons and
daughters of God and, through the Holy
Spirit, we have the experience of being his
children. Prayer is how we develop our
relationship with God. Otherwise, we just
have academic head knowledge.

Prayer goes with theology. Paul's letters are
full of prayers, for instance the amazing
doxology at the end of Romans 11.
We trust in the ways of God, even if we
don't understand him. We pray to God even
if we don't understand. Think of Joseph
praying to God over many years, not
understanding what was happening to him,
but in Genesis 45 he can say to his brothers
how God has been acting throughout his life.
We pray to God, even if we don't know
what to say, as the Holy Spirit intercedes for
us.

Think of the Lord's Prayer. There is a
Kingdom emphasis – 'Your kingdom come,
your will be done'. There is a real awareness
that the Kingdom hasn't come, that we are
living outside of Eden, in difficult times. Jesus
set his face to Jerusalem, teaching his
disciples that this is what they needed as
they followed him.

***Marmingatha Episcopate covers
parishes of the inner and nearer city
suburbs (urban redevelopment zone).**

(continued on page 2)

**"I...use
different ways
at different
stages in my
life."**



The Infant Samuel at Prayer, by Sir Joshua Reynolds

Bishop Genieve, continued from front page

There is an awareness of spiritual warfare – 'Save us from the time of trial and deliver us from evil.'

It is a communal prayer – 'Our Father... Give us today our daily bread...' and so on.

There is no room for hypocrisy – 'Forgive us our sins, as we forgive those who sin against us'.

In prayer, you can bring together two groups in conflict. We can hold them together in prayer, even if they can't be in the same room together. This is part of what it means to love your enemy.

Practically speaking...

Pray as you can, not as you think you should. Honestly, different things work for me at different times in my life. I have prayed by

having regular 'Quiet Times', although I do find it hard to say the daily Offices on my own: this is easier in community.

As a young mother, I found the Anglican prayer beads useful. I would hold them while in bed and these beads allowed me to concentrate instead of going to sleep. Also, I have found a holding cross helpful for when holding people in prayer.

As I grow older, my prayer life is often just sitting silently, using less or no words. Retreats are really helpful for me. When I've been encouraged to draw, that has been helpful.

I don't do everything at once but use different ways at different stages in my life. That is how we grow as sons and daughters of God.

Thoughts from the church community

The Community of the Holy Name serves God, by providing resources for the Church community, resources of prayer, renewal and refreshment. Ministry leaders, from St Luke's Anglican Church in Frankston, share some of their thoughts on prayer.

What is the role of prayer in a Christian's life?

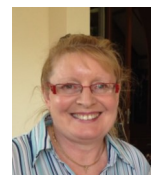


Rev'd. Glen

Our first experience of the Father is to approach God in prayer through Jesus Christ. It is the first way, or exercise, to experience our new relationship with God.

It is connecting with God – worshipping and having a conversation with him, asking questions or saying, "Thank you."

It can happen all day, every day. If your best friend was sitting beside you and you kept ignoring them, how would they feel?



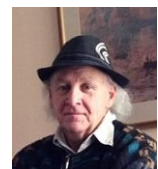
Tanya



Rev'd. Chris

It is essential to a Christian's life. It is one of the main ways we listen to God in silence as we wait for him and as we relate to him. If we're not praying, it says a lot about where our spiritual life is at.

Staying connected to God.



Geoffrey



Amanthi

Prayer and Bible Reading are my life-lines with God. My ability to directly communicate with my Father in heaven. Prayer is something I've started to do at the start of every day and all throughout the day. Since becoming a mum I realise the value of being prayerful all day,

It's how we relate to God and it's a relationship that improves with regular connection that we need to maintain and appreciate. Connection allows the love to grow, rather than diminish.



Liz

Why is prayer hard for so many people?

**Rev'd
Glen**

It's sometimes hard to believe in a good and powerful God who is attentive in our lives. Renewing our faith in who God is leads us to pray.

Lack of practice. I remember when I first became a Christian and you have prayers like the Lord's Prayer but I didn't really learn how to pray for myself until I got involved in healing ministry and learned how to listen to God and pray for others.

Tanya

**Rev'd
Chris**

Because our lives are so busy these days – our phones at our disposal, so we can look at sports scores, information, etc. and we are never really alone.

Because it is unnatural. It's not normal. Nowadays, we are taught self-improvement; but this is how God improves us.

Geoffrey

Amanthi

I think I've found prayer hard when I haven't wanted God's advice or direction or when I've done something against God. I don't want to face up to Him in those times. After I confess my sins to Christ and seek His forgiveness, I am able to pray and rest in Him.

Making time in your day/life when it already seems to be full of other things. Also, if you became a Christian as an adult, it is hard to know where to start and how to do it right.

Liz

Can you offer any tips on how to pray?

**Rev'd.
Glen**

Firstly, balance order and spontaneity. Establish a systematic and regular personal prayer pattern, drawing on the resources of the heritage of the church, such as the Prayer Book and the Psalter. Secondly, allow freedom to be led by the Holy Spirit into spontaneous prayer.

The first and most important thing is to just stop and connect with God, by thinking of him, with reverence and humility. Then, just allow a conversation to happen.

Tanya

**Rev'd.
Chris**

Look at the way the Bible teaches us to pray; how Paul prays – what are his priorities. Pray the Lord's Prayer as it encourages us to pray for God's kingdom to come, both now in our lives and in the way we live. If we're not intentional about praying, we won't do it.

Just be completely honest with God, warts and all.

Geoffrey

Amanthi

I often read the bible first and then my prayers are more aligned with God's heart. The Lord's Prayer is probably the best place to start- following the model of Jesus praying. Jesus often retreated to talk to God directly. My kids often sit in on my prayer time and join in too.

Don't worry about doing it right. God just wants to hear from us and be part of our lives.

Liz

“When I was four years old, I recall passing two nuns in the street... At that moment, I wanted to be a nun.”



“I don’t have to have words because he already knows what needs to be said.”



Hannah at Prayer, by Wilhelm Wachtel

My Prayer Life, by Sister Sheila Anne, CHN

I pray both with the Community and as I am, when I can.

I can remember praying since I was a young child. My mother taught us how to pray, myself and all my brothers and sisters, how to pray on our own. This is the prayer she taught each of us to pray before we went to bed,

*‘Lord, keep us safe this night,
Secure from all our fears.
May angels guard us while we sleep,
Until the morning light appears.’*

I still pray this prayer at night, before I go to sleep, and I have always slept very well.

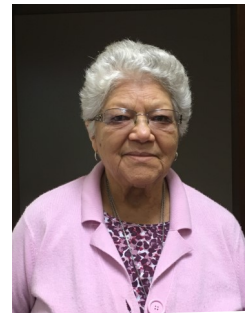
When I was four years old, I recall passing two nuns in the street, around the corner from where we lived, in South Africa. At that moment, I wanted to be a nun, like them, and I believe that God continued to hold me in his hand until I reached an age when I could join a Community, like CHN.

I grew up, went into nursing and then there was a time when I forgot to pray. God pulled me back from where I was heading, through some people I met while working in the hospital, people who knew how to pray. I met a certain priest, around the same time, who later became a bishop, who encouraged me in my faith, and I asked if I could become involved in the church. I went on to join an Anglican mission. God put people in my way, so that my request as a 4-year-old could come true.

He had a lot of work to do in me and I learnt different ways how to pray. The Community in South Africa practised prayers like CHN. I moved on to a Community in England, for four years, and learnt new ways of prayer.

Over time, I became closer to who God wanted me to be. He allowed me to pray as I could. I became more meditative and started practising

contemplative prayer, so I could pray wherever I am. Even if I’m on the bus or having a shower, I am in touch with who God wants me to be. The words are in my heart and my head, not spoken out loud. I often do not need words and, for me, it is very real.



I read books on contemplative prayer practices, then I get in the mode that these people pray. This is like meditation or sitting quietly in front of my Lord, in the presence of God.

I pray two types of prayer – the ‘practical prayer’ of the regular Offices in the Community Chapel, alongside the other Sisters, and contemplative prayer, being quiet in front of the Lord. Even during the Offices and the Eucharist, in the silent moments we sit quietly with God.

As I pray, I think about my life and God: I don’t have to have words because he already knows what needs to be said. Silent prayer makes you realise that God is with you. Also, when you read the bible, if something catches your eye, notice how it fits with your life. For example, consider Christ’s relationship with his disciples and other people. How does this affect you personally? It causes you to think.

Contemplative prayer is difficult to explain as it is a different thing for each person, depending how Christ has made you aware. For me, I think about God, his son Jesus Christ and his mother, Mary, and put myself into that situation.

I don’t have to say a thing, just continue to be.

Holy Name Day 2017

On Holy Name Day, 7th August 2017, fifty people met to celebrate our dedication festival with us. It was a beautiful occasion, with Sisters, Oblates and Associates worshipping at a Midday Eucharist together in the chapel, led by Bishop Genieve Blackwell.

Afterwards, a fine lunch was served, as people made and renewed friendships, celebrating the life and work of our Community.

Bishop Genieve gave a poignant sermon on the importance of names, commenting on Numbers 6:22-27,

The Lord said to Moses, "Tell Aaron and his sons, 'This is how you are to bless the Israelites. Say to them: "The Lord bless you and keep you; the Lord make his face shine on you and be gracious to you; the Lord turn his face toward you and give you peace." So they will put my name on the Israelites, and I will bless them."

The bishop said that names can be significant.

God gave the Israelites the priestly blessing, "So they will put my name on the Israelites, and I will bless them." (Numbers 6:27)

Paul gave instructions to do everything 'in the name of the Lord Jesus, giving thanks to God the Father through him'. (Colossians 3:17)

Jesus named our advocate as the Holy Spirit. (John 14:26)

In the ancient world, to put one's name upon something was to give it the distinctive stamp or mark of ownership. The Lord had put his name upon the Israelite people as their bountiful giver, strong protector, faithful friend, forgiving lover, reliable partner, generous provider and unique owner. God's people were his treasured possession and he had resolved to meet their every need.

As the Israelite priest proclaimed this blessing to the people, the entire community would be sustained by these truths and individual worshippers encouraged. Through this majestic public declaration the doubter was challenged, the anxious calmed, the offender reminded of assured forgiveness, and the believer fortified.

This short and beautiful prayer can be so familiar that its meaning may be easily taken for granted and not appreciated.

The blessing invokes God's protection at a very apposite moment, coming at the time between the purification of the camp and the preparation of the people for the great act of worship, the march towards the promised land.

Indeed, the message will be echoed in Psalms such as 67 and 121, psalms and blessings used in the temple.

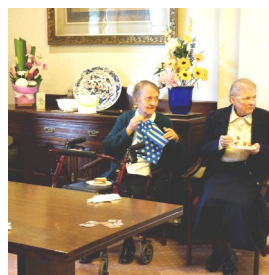
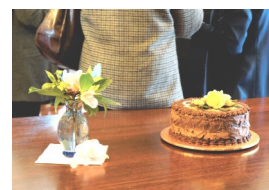
The proclamation of this prayer by the people was a guarantee that God would indeed bless the people of Israel. It reveals God's permanent purpose is to bless all his people, not merely those who undertook the Nazarite vow.

This blessing is still used today and this is entirely appropriate as what is prayed for has abiding relevance. It carries a real sense of crescendo: in the three fold repetition of the divine name theologians have traditionally seen an adumbration of the Trinity.

The New Testament affirms that Jesus is Lord and that the Holy Spirit is Lord. (Romans 10:9; 2Corinthians 3:17)

In Jesus the full meaning of God's peace is revealed: he gave peace, made peace and is our peace. (John 14:27; Ephesians 2:14)

The Community of the Holy Name, in its dedication to the Holy Name of Jesus, brings a message of peace. It is a shelter, a retreat, a safe place to be in the wilderness.



R.I.P Sister Maree, CHN

Maree Stuart was born, a twin, in South Australia on 21.01.1930. In her early 20's she answered a call to the Religious Life and travelled to Melbourne to test her vocation in C.H.N.

Professed on 02.02.1956, Sister Maree spent short periods working in the Children's Home at Brighton, the Babies' Home at Darling, the Home for the Elderly at Hawthorn and the Retreat House at Cheltenham.

Then in 1967 she began working at the Mission House in Fitzroy where she remained for ten years. She loved the people there - the alcoholics and the "what you see is what you get" folk who lived in Fitzroy in those days. She became a real Mission Sister, travelling around Fitzroy on a little Vespa motor bike in a black habit! While there she was also chaplain to the girls at Allambie Reformatory. Her next move was back to the Retreat House at Cheltenham as 2nd-in-Charge. This was a place and ministry she dearly loved. She moved to the Community House in 1981 and for a number of years was the Sister Co-ordinator of the C.H.N. Associates. She later spent ten happy years in one of the cottages attached to St Andrew's, Brighton, returning to Cheltenham after the death of her little dog, Muffy.

Throughout the years Sister Maree had a wide range of interests into which she threw herself with great enthusiasm. While still quite young she studied at the Embroiderers' Guild, acquiring skills, particularly in gold work, which she practised until quite recently. Her beautiful work is scattered far and wide: icons, framed pictures, vestments and even an altar frontal which we use in our chapel on major feasts.

She also had a passion and gift for gardening, and while at the Community House was responsible for most of the

design and work in our large garden.

Another interest of hers was bush walking. She joined the National Parks' Bush Walking Group and with them explored much of the

Australian bush which she loved. She also joined a Land Care tree planting group and spent many days on denuded properties planting native seedlings (many of which she had grown herself) to restore bush to cleared land.

She was as well a poet and writer of great sensitivity, and published two books: "The White Rose and other Poems" and "The Garden I Live in", both unfortunately now out of print.

Last but definitely not least, she had a great passion for dogs, caring for a number of Labradors over the years and ending up with a little Shih Tzu-Maltese cross called Muffy, the love of her life.

Beyond all these interests and loves Maree had a deep but simple faith. She never seemed to have any periods of doubt. Once during a theological discussion she exclaimed, "Why do we have to make it so complicated? I love God and I know God loves me. What else do we want?" What else indeed!

(from the funeral eulogy given by Sr Valmai)



Sister Maree with her beloved Muffy



Sister Margaret Anne celebrates her 90th birthday

Sister Margaret Anne celebrated her 90th birthday on 20th July, in Rosehill Nursing Home, Highett.

A number of Sisters, friends, her sister-in-law and her niece joined her for a celebratory afternoon tea.

Sister Margaret Anne spent many years as Principal of Holy Name High School in Dogura, Papua New Guinea and also served as chaplain at Box Hill Hospital. In addition, she was one of the first women to be ordained in the Melbourne Diocese.

She also trained as a Spiritual Director and ministered at St Christopher's Anglican Church in Bentleigh East. In earlier years, she worked in Children's Homes in Melbourne, Adelaide and Goulburn.

Novice Gloria makes her Triennial Vows

On the Feast of St Bartholomew, Thursday 24 August 2017, Gloria made her Profession in Triennial Vows in the chapel at the Community of the Holy Name. It was a joyful occasion for the Community.

Members of Gloria's family travelled interstate to join her friends and the Sisters to attend the ceremony. Afterwards, we shared a finger food lunch together.



The Order of Service

Gloria's vows were received by our Warden, Bishop Garry Weatherill, Bishop of Ballarat, as she told the congregation, "I desire the mercy of God and grace to commit myself to him within the life of this Community under the three-fold vow of poverty, chastity and obedience for the next three years."

After Gloria had made her vows, the Sisters welcomed her with these words, "Gloria, we welcome you with joy and love, and assure you of our prayers."

Sister Carol, Mother Superior, CHN, said "Gloria was the first novice we have had for a number of years so it is an exciting time for the Sisters."



Left to Right: Sr Avrill, Formation Sister, Sr Gloria, Sr Carol, Mother Superior, CHN.

Background: Sr Esther, Mother Foundress, CHN



Sister Gloria with her family

Hands: a reflection (based on the book 'Body Search' by Philip Newell)

Every day I call on you, O Lord; I spread out my hands to you. (Psalm 88:9)

Our hands tell us so much about ourselves. Yet it's so easy to take them for granted. Every day they are at my service - how little I could have done today without them! I couldn't even have dressed, cleaned my teeth, done my hair.

Just think for a moment of the things you have done or will do with your hands today. Become aware of what a great gift they are, how wonderfully and intricately designed.

Jesus did wonderful things with his hands.

His touch brought peace and joy to troubled hearts.

His touch gave healing to the sick, sight to the blind, speech to the mute, hearing to the deaf, recovery to the paralysed.

His touch even raised the dead.

Day by day his hands gave grace and blessing - and his hands still do all of these things.

Look at the hands of Christ - then remember that we are called to be his hands to others.

Dear Lord Jesus, show me your hands so that I may be strengthened in my faith; touch me with your hands so that I may receive your gifts of peace and wholeness; enfold me in your embrace so that I may know that I am yours, completely and forever. And may I be your hands in my encounter with someone else today. May my hands be a channel of your love, peace, hope and healing. Amen.



Jesus healing blind man by Asher Sidhu

Excerpt from Day of Prayer and Reflection, July 2017, by Sr Avrill, CHN

Days of Prayer and Reflection



The Sisters of the Community of the Holy Name Invite you to Days of Prayer and Reflection at the Community House in Cheltenham, from 10am—3 pm.

The Eucharist is celebrated at mid-day and there are opportunities to sit quietly, to use our library and to wander in the gardens. Some input is given, and suggestions for using the silence.

BYO lunch. (Tea and coffee are provided.) There is no charge for these days but a donation towards costs is appreciated.

Remaining dates in 2017

October 5
November 2

For further information, contact Sister Josephine Margaret, CHN, on 9583 2087

CHN, serving God through prayer and ministry since 1888.

Thresholds: a reflection

Thresholds. Doorways. Entrances. Moving from one stage of life to the next. We all go through so many changes in our lifetime. Some of these transitions are approached with joy and anticipation. The first day of school, moving into the world of employment, marriage, a first child.

Others are approached with dread and trepidation – ageing, illness, separation, loss. Some we just try to ignore.

There are also life thresholds, callings, doors in our heart to be opened!

**Listen! I am standing at the door, knocking;
If you hear my voice and open the door,
I will come to you and eat with you,
And you with me.** (Revelation 3:20)

Consider what threshold events have arrived unexpected, uninvited and unwelcome, What threshold events have you welcomed joyfully?



Which life changes have most shaped you? For which changes are you most grateful? At which threshold are you now standing? What is preventing you from crossing your next threshold? What gift would enable you to do it? What do you need to leave behind? What can you retain?

Reflect on any of these points that seem relevant to you. Invite the Holy One into your heart to reflect with you.

Excerpt from Day of Prayer and Reflection, August 2017, by Pat Blake, Associate, CHN

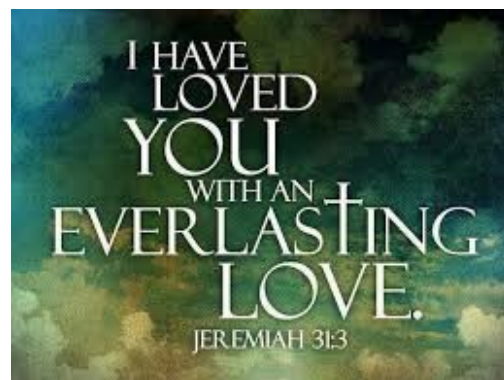
Does God really love me? A reflection

Ever since the creation of the world his eternal power and divine nature, invisible though they are, have been understood and seen through the things he has made. (Romans 1:20)

The universe began as an eruption of space,



time, matter and energy out of all-nourishing abyss, the hidden source of all creativity. The universe began as a titanic bestowal, a stupendous quantum of free energy given forth from the bottomless vaults of generosity.



We love because he first loved us. (1 John 4:19)

In this is love, not that we loved God, but that he loved us. (1 John 4:10)

We are radiating God's love through our energy, our essence, all the time. It's probably one of the deepest ways we influence the world without any words. Let ourselves be lured within to the light, to the fiery places of Divine indwelling, that we may return bearing the beams of love to our world.

Excerpt from Day of Prayer and Reflection, September 2017, by Sr Valmai, CHN