

# NEWSLETTER

*Community of Aidan and Hilda Australia*





# Welcome

BY BRUCE CHALLONER  
 EDITOR

While the northern hemisphere moves into summer, 'down-under', their Winter season is underway. With days getting shorter and nights longer, the winter doona (duvet) is always a welcoming friend to climb under at days end. My discussions with God now take place under the doona, instead of on top of it, during Summer. It seems as one gets older, the comforts of life become more appreciated.

Have we become softer with modern living, compared to our 1st and 2nd century Celtic Christian monks, who would have sat in cold conditions to conduct their prayer lives? I think about the monks who would have walked everywhere, in all types of weather. While I grumble if I have to take a few steps in the rain to get into my car, struggling to get the heater going as quickly as possible.

I contemplate their cold snowy winters in drafty huts or monasteries, while I quickly get the heater going when coming into a cold home. The first thought is to shut doors, get the room heated up, making sure the slightest draft is eliminated.

As I reflect, I ask myself, is my Christianity, because of the life-style, any less of a one than my brothers and sisters had back then? Am I being lulled into a comfortable Christianity and slowly rocked into a sleepy faith? No doubt, my brothers and sisters never faced the heavily laden, worldly view of TV, Internet, smart phones and modern communication apps. Nor dealt with the dilemma of global warming, displaced nations and international tensions.

While there still is the opportunity to withdraw into a monastery, increasingly the tension is how to live my life in a modern world, with all the issues that will crowd in on my Christian life. Yet, retain a daily life-style that reflects principles of living a God-centered life, not judging others. Daily, seeking to put off the old nature and embrace the new in Christ.

One issue that I know that they had in the depths of winter, is the same as mine. It is the continued struggle of trusting God, loving the unlovable and finding joy, moment by moment, in a relationship with a living God.

Monica Schroder - Pixabay



## IN THIS ISSUE

### 3 The 'How To' of James

*Continued series in the principles of James and how to apply them in our lives.*

### 5 The Nine Parts of Wisdom

*Practical steps in continuing in a life of wisdom*

### 6 Prayers and Book Review

*Prayers for the Lonely, ill health and growing children with a book review on The Luminous Eye*

### 7 Aboriginal Dreamtime

### 9 Rose Mandala

### 10 Joining Exercise and Prayer

*The final in the series called 'Final Blessing'*

### 12 Aidan and Hilda Gathering in October

### 13 Esiur rem dolut laut



# The 'How To' of James

BY BRUCE CHALLONER  
LARA, VICTORIA

In the last newsletter, we looked at Wisdom and how to obtain it. We discovered Wisdom is a gift from God, that once planted, needs to be planted in the right soil with right nutrients. This special gift from God needs continual looking after for it to grow and bear fruit.

James returns to Wisdom in Chapter 3:13-18 and "How

to Live With Wisdom".

He is assuming as Christians, we have received the gift of Wisdom, planted it, nurtured it by seeking to live God's way, and by careful to grow in humility, discernment and prudence, to name a few, allowed Wisdom as a plant to grow.

Now, as it looks like

bearing fruit, James gives us directions in 3:13-18 to allow the plant to show fruit. Remember, this was given by God, and will only bear fruit as we seek to live a life of purity in obedience to Him.

I remember my grand daughter, once had a school project; bringing home an egg, with the goal of hatching it. It needed to be kept in the right conditions with optimum temperature and correct humidity which changed during the three week project.

So it is with gifts from God. They need the right conditions of a Christian for



it to grow and bear fruit.

I always remember her grief when the egg didn't hatch. For most of us as Christians, there are many grieving times we go through, especially when we realise our sinful nature gets in the road of seeking God's way and not our own.

James recognises this and in the opening verse of 13 asks who is wise and understanding? Then answers his own question by saying those who demonstrate actions of humility, a fruit of Wisdom.

James is helping, by giving us stepping stones, which he goes on to amplify in verses 17-18.

He takes the time to let us know the difference

between God's wisdom and earthly wisdom. He actually tells us actions that are not only earthly, but will stop the plant of Wisdom growing and bearing fruit.

He lists a few, such as a heart of bitterness, jealousy, selfish ambition, boasts, and lies. There are other places such as Ephesians 4:25-31 that list others that cause a plant from God to not bear fruit.

Time to reflect. What fruit is evident in our Christian lives? For Jesus tells us in Matthew 12:33-37 that we are known by our fruit. It is important to note that Jesus recognises all people grow fruit. The question he poses is what kind of fruit?

Simply, if we nurture anger, it can grow and grow, bearing much fruit.

We all have weeds in our spiritual garden. If we are not constantly cleaning out weeds such as anger, bitterness, jealousy or lies, (fruits of this earthly world) our garden is filled with weeds and no plants from God can bear fruit.

As Bede (673-735) once said, "As long as the souls seeks earthly glory, it is deprived of spiritual grace." (Ancient Christian Commentary on Scripture; New Testament XI; James, 1-2 Peter, 1-3 John, Jude; page 42) Bede goes on to say, "Those who desire peace, sow the earth with the best seed and by their daily actions gain an increase ..."

On the next page, I have included a list of nine parts of wisdom as discussed by James in verses 17-18. Let's take some time to reflect on



lumix2004 - Pixabay

them in our daily life.

Let's say I pick "Gentle". Every action I do for today will be in the spirit of gentleness. My rhythm of prayer for today will be on "gentleness."

Tomorrow I might pick "Willing to Yield." In every conversation for that day, with whomever I speak to, will be a heart of yielding. Not trying to make a point or be right. Not correcting anyone's mistakes. Not judging in my mind. Instead, yielding to the peace of the Holy Spirit from within and expressing it to those around me. These practical steps can be repeated week after week. Remember, Godly wisdom brings peace, but earthly wisdom brings confusion.

Another way could be to take the nine examples and apply it to my speech. Was the last sentence I spoke, pure, peaceful, gentle, yielding, full of mercy, full of good fruits, without any partiality or hypocrisy? And fully sown in peace. No! Then with forgiveness, it's time to start again, but guided by the Spirit which will lead to wisdom.

Wisdom guidelines are also good to practice when listening to others. You can apply the same standards to the words another person is saying to establish if they are wise words or not.

To God be all the glory for what we do in loving Him.

## The Nine Parts To Wisdom

James is not trying to supply us with an exhaustive list. He is trying to help us clarify ways we can grow as a Christian by applying the following parts of Wisdom in our lives. Using the following definitions of the words, complete a word study for yourself. For example, take the word 'PURE' and write down in your diary, the study of the word, along with practical examples of applying pureness in your life. You may even want a grading system to use in situations that will help you assess how 'pure' you are being.

### **PURE**

"Chaste, clean, innocent or perfect." It comes from the same root word as do the words holy, hallow, and sanctification.

### **PEACEFUL**

"Peace or quietness or rest." The words "pacify" and "pacific" come from the root. Godly wisdom is peaceable or "at one."

### **GENTLE**

To be patient or considerate. It is the very spirit of Jesus Christ

### **WILLING TO YIELD**

It means literally "easy to be entreated."

### **FULL OF MERCY**

Only used in the New Testament in reference either to God Himself or to godly people. Mercy (Compassion) is a part of the very character of God.

### **FULL OF GOOD FRUITS**

Is the word translated simply as "fruit." Galatians 5:22-23

### **WITHOUT PARTIALITY**

Usually translated as "partial" or "to judge." No judgments towards another in mind or deed.

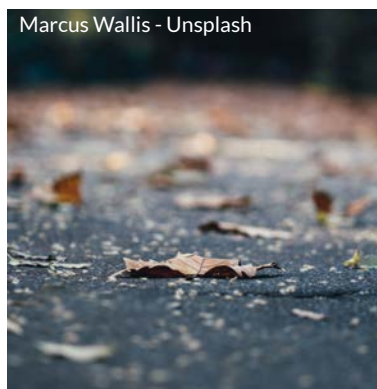
### **WITHOUT HYPOCRISY**

Hypocrisy means "to pretend" or "to act under a false part." Without hypocrisy manifests itself in truth and sincerity.

### **SOWN IN PEACE**

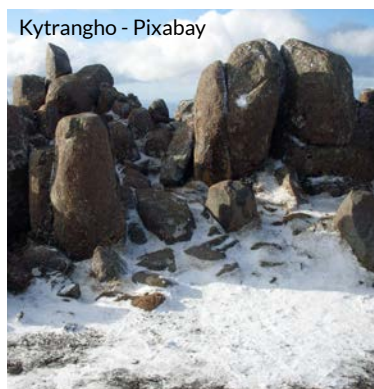
As this wisdom is sown in peace by those who make peace, true justice is manifested.





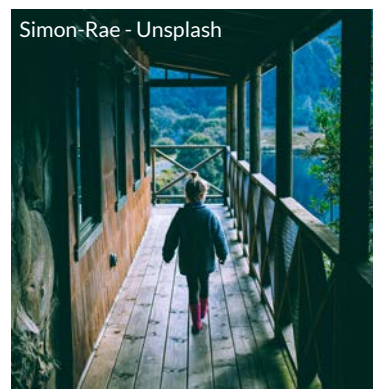
### Prayer for those alone or feeling lonely

Creator of all Living, we lift up to you those that are alone or lonely. In today's world, allow someone to care for them in this hurting world. May they bring a compassionate heart, a tender touch and a caring smile. May their attitude be like your created warm sun, filled with the love of Christ. Allow the lonely to receive a touch from you this day. Amen.



### Prayer for those struggling with health

Generous Healer, there are those held in the pain of sickness that need to see, hear and be touched by you. In the ravishes of physical and spiritual pain, may you bring a moment of rest in an oasis from the desert of affliction. Allow the rays of your passion to alleviate their distress. May they feel your healing water on their parched lips. May they know of your presence. Amen.



### Prayer for infants/children

Heavenly Father. You understand what it means to be a parent. Look in favour at your creations maturing in a world that can be insensitive, uncaring and unloving. May you prepare each young heart to experience your love, each eye to see you, each to feel your gentle, refreshing touch in their times of turmoil. Refresh, renew and invigorate your children with hope. Amen.



### BOOK REVIEW The Luminous Eye by Sebastian Brock

Acknowledged as the greatest living authority on the ancient Syriac language, Sebastian Brock's work on translating the writings of Saint Ephrem the Syrian who lived 306-373 AD, is considered ground-breaking. In writing 'The Luminous Eye' Sebastian focuses on sections of his writings. As a monk, Ephrem wrote mainly in poetry and hymns. For example, in his writings on the Nativity, he wrote about the birth of Christ by saying, "and in her He became the Lamb, bleating as He came forth." A rich tapestry of language on

the birth of Christ. Ephrem wrote at a time before the differences between the East/West split of the church into Roman and Orthodox divisions. It is a book on meditation without the filter of denominational theology, providing the reader with insights into the language of Ephrem's poems and their meaning. This is a book for the monastic mind and is one that will encourage you to explore your faith in new ways, and with poetry, in understanding Syriac spirituality.

# Aboriginal Dreamtime

## *Boon Wurrung - Melbourne*

Many years ago the biik (land) we now call greater Melbourne extended right out to the warreeny (sea). Nairm (Port Phillip Bay) was then a large flat grassy plain. The Yarra River, as it is known today, flowed out across this flat plain into the warreeny. For the Boon Wurrung, this wurneet (river) was known as Birrarung (the river of mists). Later this wurneet is called Birrarung. This large plain was covered in buath (grass) and tarrang biik (woodlands) on which the Boon Wurrung men hunted guyeem (kangaroo) and barramaeel (emu). The bagurrrk (women) cultivated the murnong (yam daisy). They collected food from the wurneet and the warreeny and harvested the iilk (eels) that migrated through there every year. The Boon Wurrung were the custodians of their biik but traded with and welcomed people from other parts of the Kulin Nation. They obeyed the laws of Bundjil, who travelled as an eagle, and Waang who travelled as a crow. One day – many, many years ago – there came a time of chaos and crisis. The Boon Wurrung and the other Kulin nations were in conflict.

They argued and fought. They neglected their biik. The native murnong was neglected. The animals were over killed and not always eaten. The gurnbak (fish) were caught during their spawning season. The iilk were not harvested. As this chaos grew the warreeny became angry and began to rise. The wurneet became flooded and eventually the whole flat plain was covered in baany (water). It threatened to flood their whole barerarerungar (country). The people became frightened and went to Bundjil, their creator and spiritual leader. They asked Bundjil to stop the warreeny from rising. Bundjil was angry with his people, and he told them that they would have to change their ways if they wanted to save their land. The people thought about what they had been doing and made a promise to follow Bundjil.

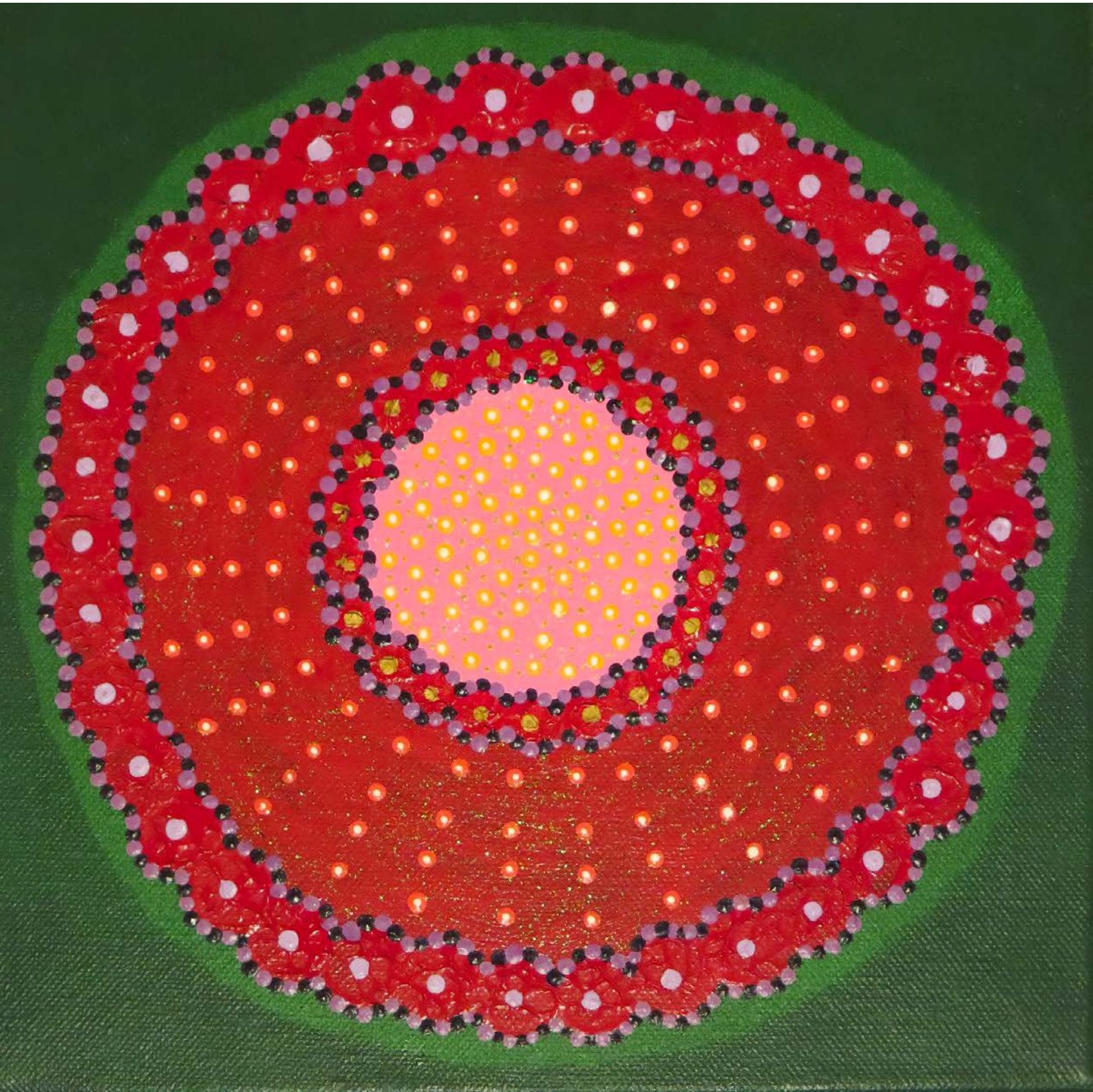
Bundjil walked out to the warreeny, raised his tjeera (spear) and directed the warreeny to stop rising. Bundjil then made the Boon Wurrung promise that they would respect the laws. The baany never subsided but stayed to create a large bay that the

Boon Wurrung called Nairm. Today it is known as Port Phillip Bay. The warreeny took away much of the biik of the Boon Wurrung and much of their barerarerungar was reduced to a narrow strip of coastline. The Boon Wurrung learnt from their mistakes. They returned to their old values and the laws of Bundjil. They took greater care of the biik of Bundjil and the bubup (child) of Bundjil. They met with the other Kulin people and sorted out their differences through sports, debates and dance.

One of the most important laws that Bundjil required to be obeyed was for Boon Wurrung people to always welcome visitors, and to require all visitors to make a promise that they would obey the laws of Bundjil, not hurt the biik of Bundjil and not harm the bubup of Bundjil. Today, the wurneet that once flowed through this large flat plain still flows under the nairm.

Told by Aunty Carolyn Briggs.  
<https://cv.vic.gov.au/stories/aboriginal-culture/nyernila/boon-wurrung-the-filling-of-the-bay-the-time-of-chaos/>







# Rose Mandala

BY MATT LAMONT  
NEWCASTLE, NSW

During a workplace reflection late last year I noticed a small red rose in bloom with a glowing light filled centre growing in the garden of the family centre where I work. The rose became a symbol for joy emerging in my life and needing to be expressed rather than hidden. It was also a reminder of the following passage from the Rule for a New Brother which I discovered many years ago in a bush hermitage.

What love is you can learn from Jesus. He is the one who has loved most. He will teach you to put the centre of yourself outside...to be unlimited space for others, invitation and openness: 'Come to me, all who are weary and over-burdened and I will give you rest.'

(Brakkenstein Community of Blessed Sacrament Fathers, 1973).

The following words seem a fine accompaniment to the mandalic beauty of the rose. St Francis de Sales said...

"The sun looks at a rose, along with a thousand millions of other flowers, just as much as if he looked at the rose alone. And God, though He loves a countless number of other souls, does not pour

out his love upon one soul less than if He loved that soul alone, since the force of his love does not diminish according to the multitude of rays that it sends forth, but remains always full in its own immensity."

(Quoted in Mystical Flora of St Francis de Sales)

Lakota Medicine Man Black Elk said...

"You have noticed that everything an Indian does is in a circle, and this is because the Power of the World always works in circles, and everything tries to be round.

In the old days when we were a strong and happy people, all our power came to us from the sacred hoop of the nation, and so long as the hoop was unbroken, the people flourished. The flowering tree was the living center of the hoop, and the circle of the four quarters nourished it. The east gave peace and light, the south gave warmth, the west gave rain, and the north with its cold and mighty wind gave strength and endurance. This knowledge came to us from the outer world with our religion.

Everything the Power of the World does is done in a circle. The sky is round, and I

have heard that the earth is round like a ball, and so are all the stars. The wind, in its greatest power, whirls. Birds make their nests in circles, for theirs is the same religion as ours.

The sun comes forth and goes down again in a circle. The moon does the same, and both are round. Even the seasons form a great circle in their changing, and always come back again to where they were.

The life of a man (sic) is a circle from childhood to childhood, and so it is in everything where power moves. Our tepees were round like the nests of birds, and these were always set in a circle, the nation's hoop, a nest of many nests, where the Great Spirit meant for us to hatch our children".

(From John G Neihardt Black Elk Speaks, Quoted in Doctoral Dissertation 'The Wheel of the year-A worship book for Creation spirituality' by Sea Raven 2001)

Peace to you

Ed: As you reflect on nature, what other elements reflect circles? Other than Celtic Trinity circles, what scriptural passages talk about circles?



# Joining Exercise and Prayer - Final Blessing

---

BY JUDY KENNEDY  
QUEENSLAND

---

This is the final exercise in the series of Joining Exercise and Prayer by Judy Kennedy.

We hope you have enjoyed the concept of combining prayers with exercise.

If you have any prayers and/or exercises you have been encouraged to start, drop the Editor a line (see email address on last page) so we may add them to future editions of our newsletter.

You can choose to combine prayers and exercise in many different ways. It can be combined with normal exercise you may do each week, even at a local gym.

Of course, outdoors, in nature, has its special benefits, although you may not be able to get outdoors.

Even if bed bound, low stress exercises, combined with prayer can be a new way of creating a rhythm in your life. Thank you Judy for ways to join prayer and exercise.





# FINAL BLESSING



Loving God

1. Stand straight, face front. Raise left arm behind head.

May your face be seen  
(Breath)

Place right arm behind back.

In all I meet.

Push fingers towards each other, meeting if possible.

Faithful God,

2. Stand straight, face front. Raise right arm behind head.

May your voice be heard,

Place left arm behind back

By all I greet.

Push fingers towards each other, meeting if possible

Tender God,  
May your hand be felt  
By all I touch.

Repeat 1

As I go out Today,  
Into your world

Stretch arms out to the sides, shoulder height.

To be your light

Raise arms to heaven. Arms close to head.

And to bring your word.

Move arms in front of you, shoulder height.

Life Maker  
Light Maker  
Love Maker

Make the sign of the cross

Amen

Bow to God in worship.



Tamybalicanvas - Pixabay (Katoomba NSW)

# A&HA Gathering October

## Latest News

Last Saturday, the Caim Council met to decide on whether or not to hold the Aidan and Hilda Australia Gathering in October at Drysdale, Victoria. We had previously invited Simon Reed from UK to attend and had booked the retreat.

With prayerful discussion on events over the last month, the Caim Council has decided to cancel the event.

Our latest bookings, along with cancellations meant we had six attending most of the time with another two part time. Not enough for the expenses incurred.

The next consideration was the expense of flying out Simon, along with accommodation costs and food. It meant, our bank

account would be reduced dramatically and people staying would have to pay extra because of low numbers.

A third consideration was that Sue Hicks, our Secretary of A&HA and the Caim Council, has decided, to withdraw from the Community. The Caim Council fully supports her in her decision.

This meant the remaining coordinators of the Gathering would be under too much pressure. It was with these considerations that the Caim Council decided to cancel the event.

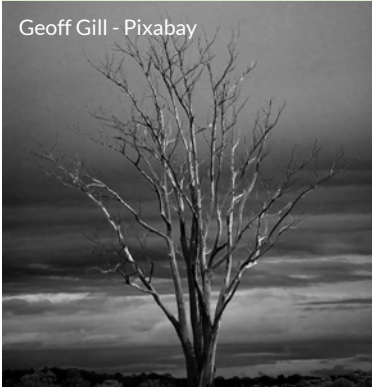
We will be communicating with UK on our decision and the future directions of the Community in Australia. Thank you for understanding.

## Future of Aidan and Hilda Community in Australia?

The Caim Council is committed to building the community in Australia. This may need to be in smaller steps such as State gatherings as opposed to a National gathering. We would encourage people to uphold the Community in prayer, specifically that God would reveal future directions and how we can create a unique way of monastic living in local communities within Australia. Over the next month, the Caim Council will be in discussions with the Guardians of the Community in UK on directions.



Geoff Gill - Pixabay



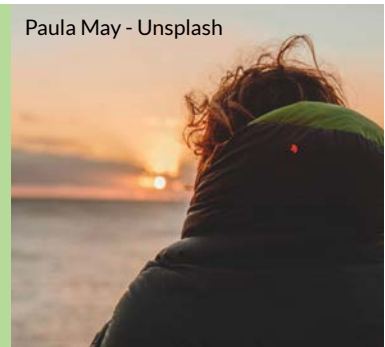
## Aidan and Hilda Logo

If you would like to submit a logo that we can use at Aidan and Hilda Australia, we would be happy to hear from you. The design should reflect the unique Australian landscape and culture including our Aboriginal heritage. Presently we have the Southern Cross (see top left of previous page) but are open for any other designs. Please send to editor before the start of September.

## Articles, Book Reviews, Poems or Prayers

If you are in the writing spirit, we would like to talk to you about ongoing articles or book reviews that reflect our Christian position on monastic living within the community. You may have read a good book recently and would like to share it with others. You may have written an article, poem or prayer that can bless others. Send us an email!.

Paula May - Unsplash



Python2444 - Pixabay

## Our Website

When was the last time you visited our website? It contains information on a variety of topics. For instance, our last four Call To Worship, which are held near each Solstice and Equinox can be viewed under tab, 'Liturgy and Prayer' then on the pull down menu, 'Call to Worship'.

## Distribution of our Newsletter

Our newsletter is not just for the community of Aidan and Hilda. If you believe it may be a blessing for others, feel free to send this copy on to others via email, or you may want to direct them to our website, [www.aidanandhilda.org.au/newsletter](http://www.aidanandhilda.org.au/newsletter) - from here they can download previous issues.

Fiona Smallwood - Unsplash



## Psalm 19:14

Abba Poeman said, "If someone does not speak, but looks down on other people, he is actually talking continuously. Someone else may talk all day, but is keeping silence if he always speaks in a holy manner." - Let the words of my mouth and the meditation of my heart be acceptable.

# TheEnd!

Our logo, the Southern Cross is considered Australia's oldest symbol.

Australia's Indigenous cosmology has understood its spiritual significance for millennia.

As Christians, the Southern Cross reminds us of Jesus Christ and his love for all of us. The Southern Cross shines its brightness only in darkness.

## NEXT!

Our next newsletter will be on the Spring Equinox which is Monday, 23rd September 2019 (Southern Hemisphere)

## Disclaimer

The material published in this newsletter is intended for general information only and is not legal advice or other professional advice. While care and consideration has been taken in the creation of the material in this newsletter, we do not warrant, represent or guarantee that the material published is in all respects accurate, complete and current. To the extent permitted by law, we exclude any liability, including any liability for negligence, for any loss or damage arising from reliance on material on this website.

Copyright in most of the content on this website is owned by the Community of Aidan and Hilda Australia. The content in which copyright is owned by others include images reproduced on this website under licence. Except as permitted by the copyright law applicable to you, you may not reproduce or communicate any of the content in this newsletter, without the permission of the Community of Aidan and Hilda Australia. Images are sourced from Unsplash ([www.unsplash.com](http://www.unsplash.com)) and Pixabay ([www.pixabay.com](http://www.pixabay.com))

## Find us



[www.aidanandhilda.org.au](http://www.aidanandhilda.org.au)



Email Editor: [challoner@bigpond.com](mailto:challoner@bigpond.com)

The front page photo was taken by Ed Dunens 25th August 2015. Taken from <https://www.flickr.com/photos/blachswan/20300914914> and is a picture titled 'Snow Gums - Mount Feathertop, Victoria, Australia'. The picture was cropped from the original.

The last page photo was taken by Long Zheng on Unsplash and is of Warburton, Victoria