

*St Mary's*  *Parish news*

Eastertide 2014

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## From the Vicar



Dear parishioners and friends of  
St Mary's,

Christ is risen!

Welcome to this Eastertide edition of the Parish News. Easter is a time of new life and new beginnings. It is also the season in which the church has traditionally welcomed new members through baptism and confirmation. Invitation and welcome are two themes that have occupied the vestry over its past few meetings, and will continue to do so over the next few months.

Are we a welcoming congregation? Virtually every parish community is inclined to answer this question with a yes, however those who visit other churches on a regular basis will attest to the fact that many "welcoming" churches are friendly towards people they know, but less welcoming of the visitor and the stranger. Later in the Easter season we will have a series of workshops after the 10am service to assess how welcoming we are as a parish, and what things we might do to improve the quality of our welcome. I strongly encourage you to participate in these workshops which will be on Sundays 18, 25 May and 1 June.

Easter blessings.

Fr Craig.

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## *Unexpected opportunities*

*The Revd Emily Payne*

One of the nice things about being a curate is that the job description is flexible enough to let me take advantage of unexpected opportunities for ministry. One which has been a great surprise – and delight – to me is that this Lent, as well as running a Bible study in the parish on Sundays, I have been asked to run one online, for a group of mothers on a parenting forum. Many parents struggle with access to extra activities while their children are small; and things like Bible studies during the week can be impossible to attend. Some parents now form supportive communities online to meet some of these needs, and as a member of such a forum, I found myself commiserating with other parents who wanted to do more during Lent but found themselves defeated by the logistics. But because I am open in that setting about what I do, another forum member felt free to ask me, “Any chance you’d run an online Lenten study group for us?”

Sure, I said. And that’s how a secular, Fairfax-operated parenting forum found itself with an in-depth discussion of the Letter to the Hebrews developing over Lent. At the time of writing this, fifteen women (besides myself) have been reading, discussing, debating and engaging with the text of the letter, as well as Lent more generally. Some are committed church goers (across a range of denominations), some are Christian but not connected to a church, and some are not committed to a faith position but interested in the discussion and what they might learn from it. Although I have provided some teaching content each week (broadly related to what has been given in the Bible studies in the parish), much of the input has come from others.

This has been incredibly exciting! Here we have something which would normally happen in a church context being conducted, as it were, in the public square; our discussion is open to anyone to read, and the number of views suggests that many more people have been observing it than have contributed. We’re talking about the Bible in public, seriously and in depth,

and people want to see what we're about. I have been encouraged to see the real hunger for understanding, learning and growth in people beyond the confines of traditional church community. It leaves me wondering, once Lent has finished and this discussion ends, where the next unexpected opportunity might open up; and I am watching with anticipation to find it!

## *Exploring Spiritual Direction*

*Pam Cox*

As I write these words for the Easter edition of the Parish Newsletter, it is Lent, the time of self-examination and discernment of our relationship with God and each other. Over time, this has led me towards the ministry of spiritual direction. Putting my understanding and experience about spiritual direction into written words or spoken language is a very difficult attempt at being able to articulate spiritual experience and where God might be directing me.

Having a spiritual director, for me, is about having a person who has the capacity to listen with complete attention to what I am saying creating a space where I am able to speak openly without interruption or judgement. And it is in the light of this conversation that the spiritual director/companion can help clarify what is happening. In this place of discernment we are able to name our experience based on our faith.

Spiritual direction is about a movement towards God; the skills of a spiritual director are rooted in contemplation and discernment, being able to help the person seeking spiritual direction to explore that individual's interior movement as they respond to the question 'Where might God be in all of this?'

*'Spiritual direction is about more than helping someone with their prayers. It is to walk and work with people as they apply their faith to the practicalities of living the life which lies before them day by day. It is concerned with helping them to apply their faith in the context of the*

*society and relationships in which they are set to Journey into Truth' - Peter Ball.*

Spiritual direction opens us to every aspect of life: prayer, work, family life, interest, leisure activities, relationships, fantasies and fears, hopes and disappointments are all proper subject matter. *'God can use anything and everything for people's growth in holiness and faithfulness' - Peter Ball.*

Spiritual direction is about helping us to awaken to our own human hearts to the everyday encounters in our relationships with spouse and children, co-workers and colleagues, chance acquaintances and good friends, with the unexpected disruptive events and disquieting life questions.

My own journey towards becoming a spiritual director began four years ago after I had taken a course that would lay the foundations of this ministry. Last year I entered into the training program offered by the Living Well Centre Inc for Christian Spirituality at St George's Centre, Glenferrie Road, Malvern, where the focus for our training follows the Four Gospel Journey, and other texts from the scriptures and from the Christian spiritual tradition.

Drawing from our own life stories and experience of receiving spiritual direction, the call to this ministry continues to grow in spirit at an even deeper level. The focus for the first year was 'How do we face change?' We began our journey with Matthew's Gospel being respectfully held within the community of others who are being called to serve.

The questions for me are often about being able to live in a state of prayerful presence, touching the inspirations of Spirit, in a life of fellowship with others. Sitting with a trusted other, my spiritual director, I have been able to look carefully at the entire field of life, not just my personal life.

With the support of a spiritual director/companion, whose faith has shaped their own heart and contemplative stance, we listen in silence for the gentle movement of God, so we develop our

relationship with God in the practice of contemplative prayer and discernment with particular aspects of our lives. Being able to explore our relationship with the whole of life in a context of faith is the true essence of spiritual direction.

As part of my training, and as I continue to receive spiritual direction myself, I am able to offer spiritual direction to others under full supervision of our course director and educators. If you are interested, you can contact me care of the parish office.

<http://www.livingwellcentre.org.au>

*Pam is an eight o'clocker.*

### *Sri Lanka and a journey around the Andaman Sea* *Greg Reinhardt*

A few days in Dubai for a conference and the opportunity for a post-conference holiday took me to Sri Lanka and a cruise of the Andaman Sea in December and January.

Sri Lanka is probably one of the most beautiful and interesting countries which I have visited, although, sadly, my visit was confined to the southern part of the island notwithstanding that in a post-Civil War environment, it is possible to visit the north and north-east, the homeland of the Liberation Tigers of Tamil Eelam (as to which more later).

Colombo is like many former British colonial cities in the sub-Continent with some marvellous nineteenth century architecture, somewhat faded, and a vibrant population, predominantly Sinhalese, but naturally many Tamils and a sprinkling of all Asian cultures. The Sinhalese are dominant in all aspects of life in Sri Lanka and are the governing class. Much could be said about the somewhat ruptured relations between the Sinhalese and Tamils which led to the civil war in the north and east, now happily at an end but not without allegations of serious human

rights abuses at the end of the war by the Sinhalese government and armed forces and questions of ongoing discrimination against the Tamils. The Sinhalese are Buddhist and the Tamils Hindu, which only adds to the division. That said, the country appears to have prospered greatly since the end of the war particularly as the result of a strong export trade in traditional products such as tea, but also clothing. It competes strongly with Bangladesh and Cambodia for the garment trade.

I travelled to Pinnawela in SW Sri Lanka, to the Elephant Orphanage and fed one of the babies - one litre of milk went in 10 seconds! They drink 60 litres a day! It was all marvellous. Then on to Kandalama with view over Kandalama Lake and a nature reserve. I saw a mongoose and her babies (what is the plural of mongoose?!), loads of monkeys. Out of Kandalama to Polonnaruwa, which was the 2<sup>nd</sup> capital city of Sri Lanka built in the 11<sup>th</sup> and 12<sup>th</sup> centuries AD, and which is now a world heritage site - the ruins of the Royal Palace, the Gal Viharaya with statues of the Buddha in 'Upright', 'Sedentary' and 'Recumbent' postures carved out of rock, the Audience Hall, the Lotus Bath, the statue of king Parakramabahu, and the Parakrama Samudraya - a lake built by King Parakramabahu the Great. Then to the Rock Fortress of Sigiriya, another World Heritage site - a rock citadel in the sky. The remains of the ancient royal fortress and city date from 477 AD stand on a vast rock, which rises 180 metres above the surrounding plain. The only way into the city is through the massive carved jaws of a lion. It is all quite fascinating and the extent of it all amazing

To Kandy which is very British, the cultural heart of Sri Lanka with wonderful colonial buildings, magnificent Botanical Garden and I was lucky enough to see the exposition of the Buddha's tooth as it was the eve of a Full Moon Day (Moon Poya) - a sort of Buddhist Benediction! - sadly no alcohol served on such days! Buddhism is said to be the fastest growing religion (it's not really a religion but a way of life) in Australia. Buddhists are basically vegetarian but they will eat meat such as road kill! Mass at the Anglican Church at 7am - far too early but that's what they do -

Book of Common Prayer, prostration before the altar by the three priests and no handshaking at the Peace just the Eastern greeting.

Two days in Kandy, then to Nuwara Eliya, which is the main hill station of Sri Lanka and known as "Little England" as it mimics an English country town. It is considered to be an excellent location for tea production due to the cool climate. I saw the actual picking of the tea, traditionally the domain of Tamil women and visited a tea factory to see how the tea is dried, crushed and prepared for export. I was able to sample the white tea which is prepared from the tea buds and very expensive. The story of tea production and export is fascinating. Tea was traditionally sold at the tea brokers in Mincing Lane in London and in 1888 a pound of white tea in London would fetch over one pound 10 shillings, an enormous sum in those days. I stayed at an old Tea Factory refurbished as a hotel - marvellous.

A long journey to Beruwela on the coast for two days (this is the area which was struck by the Tsunami) then joined the MV Discovery in Colombo. To Hambantota on the SE coast where the Sri Lankan Government is seeking to establish a new and major port and a visit to elephants in the wild - I love elephants!

Chennai (Madras) which is a typical Indian city - lots of poverty and squalor, which is all very sad. I wanted to visit the Cathedral, which I did, to see the memorial to the Revd Canon Edward Sell who for many years was a CMS priest in Madras and the great-grandfather of my good friend Tony Sell known to many at St Mary's. That said, I don't need to see Chennai again! There is none of the splendour or interest of Kolkata or Delhi.

Three nights in Yangon (Rangoon) which was fascinating, with lunch at the Strand, the sister hotel to Raffles in Singapore, a visit to the Shewadagon Pagoda - truly breathtaking - and the Kyi Pagoda's Reclining Buddha with a side visit, somewhat tacky I thought to see the monks and nuns have their meal before midday. They are unable to eat after midday and the midday meal is usually provided by some rich benefactor as a supplement to the begging bowls. A walk around the streets of



central Yangon with beautiful but dilapidated colonial buildings and wonderful street markets. The tide on the Yangon River which is a tributary of the Irrawaddy is enormous and ships have only two opportunities to sail every day. Myanmar is certainly opening up and people speak in reverent tones of “the Lady” (Aung San Suu Kyi) A warning about Myanmar - getting a visa can be very stressful!

Christmas and New Year and Sea and visits to Phuket, Penang and Kuala Lumpur.

Sea travel is to be highly commended and I have already booked the next cruise for December/January!!

### ***CELEBRATING MARMALADE!***

*Christine Storey*



Some of you may know that Elsdon and I have a small country escape, near Ballarat, and we have really enjoyed getting involved in the community there. One of the activities which has been particularly enjoyable has been participating in the “Marmy Ashes”. This local initiative grew out of the lean years when

Australia was absolutely trounced in the Ashes series against the English team captained by Andrew Strauss who happened to live in nearby Bunninyong with his Ballarat born wife. So some of the locals got together to challenge the English at something it was thought we could win at, making marmalade! The current editor of the "The Miner" our local paper, is one of the original supporters, as I suspect because in no small way it reminds him of his own late mother's marmalade. In this first year of the competition and every year subsequently, the Australian 1<sup>st</sup> eleven marmalade team has won the "Marmy Ashes" in England!

My earliest memory of marmalade was when we were on a family caravanning holiday going to Adelaide via the citrus growing area Renmark. My parents enthusiastically bought up a box of oranges at a bargain price, only afterwards realizing that they would all have to be consumed within 36 hours as we were then going into a fruit fly free zone! We had whole oranges and freshly squeezed orange juice until we begged our parents not to make us have any more! So with mother's "waste not, want not" outlook on life, she spent most of the evening boiling up marmalade in a large stock-pot on the Primus gas camp stove in the caravan (I don't quite remember where the number of glass jars required to put the marmalade in materialized from). Trying out marmalade on my toast the next morning, I decided that it was awful, and didn't develop a taste for it until some years later when my mother found a recipe for cumquat marmalade in the School Recipe Book Fund Raiser from my brother's school. Cumquats are small and bitter, but my mother enjoyed the fragrance of their blossom and the fruit was decorative on the tree. Making these fruit into marmalade was a real hit with the family, particularly with my late father, who always felt mother's cumquat marmalade was "THE BEST". Since coming to St Mary's, Graeme and Denise Archer have often supplied the cumquats. Whilst I cut up the fruit for cumquat marmalade, quite a time consuming task as the fruit is so small, there is plenty of time for contemplation, to celebrate family and all that we share. When the time comes for bottling the marmalade, Elsdon's considered judgement as to when it is ready, is critical

to the process. I am inclined to bottle it too soon, so it doesn't set properly, the alternative, if left too long, risks the marmalade burning and becoming too solid as it sets.

So getting back to the "Marmy Ashes", as a "local" I have enthusiastically entered this competition for the last 3 years. Pictured is my entry for 2013, which earned a 3<sup>rd</sup> prize, the taste deemed delicious (with Archer Cumquats). With attachment of the labels made by our Rosie, presentation scores improved, but I lost marks for "residual pips"! This year Rosie picked cumquats from a tree at a fellow student's house, because her friends were sick of clearing up the fallen fruit! I assiduously removed every pip, no matter how minute, and won first prize with my second jar tripping off to England with the "Australian 11".

Economic rationalists would look at our St Mary's Fair Jams and Preserves Stall, and doubtless advise that it would be far more cost effective for us just to donate the money for our time spent making this fare, yet celebrating marmalade and all those other jams and preserves, is really celebrating family and our community, doing things together, helping each other, in these simple ways.

### *What Shall I Write About?*

*Janet Horn*

This week I shall be retiring from the latest in quite a long list of voluntary jobs. There's been variety, from pre-school play groups in N.Z., through Scouts and Guides parents' working bees and school tuck shops. The one where I was most accident-prone was working the addressograph for the Royal Historical Society of Victoria. It involved handling trays of engraved brass plates, kept in careful order. Dropping a tray meant tedious work replacing each plate in the right slot. I may say that I didn't offer to undertake this chore - I was volunteered by Ken!

But as in all the jobs, especially perhaps with the Ecumenical Migration Centre (now merged with the Brotherhood of St

Lawrence) I enjoyed the contact with the people with whom I worked - most of whom I wouldn't otherwise have met.

In 2000, after 20 years at the EMC, I was considering what I should do next, and hit upon Women's Housing Limited, then in its very early days. And that is what I am leaving now. I've been there longer than any of the staff and have seen with pleasure its development into a substantial organisation contributing to housing vulnerable women.

What has St Mary's got to do with all this? It is the source of my convictions and the powerhouse from which I draw energy.

*If you have little snippets of news that you want included in the parish news, please send them through to the office at any time.*

*Overheard in the Parish*

After a tray of glasses has crashed to the floor in the parish kitchen - "You'll always have a smashing time at St Mary's!"

## **UPCOMING EVENTS**

**Thursday 29 May, 7pm**  
Ascension Day Eucharist

**Sunday 8 June**  
Pentecost

HOMEMADE CAKES orange & chocolate  
biscuits & slices

JAMS & PRESERVES lemon butter, relishes,  
berry jams, kasound  
chutney

HANDMADE OBJECTS OF DESIRE & NEED



# St Mary's Fair

*Saturday  
10<sup>th</sup> May  
10am-2pm*

*St Mary's Anglican  
Church  
430 Queensberry St  
North Melbourne*



St Mary's Kinder  
Face Painting  
JUMPING  
CASTLE & Games

CHILDREN'S TOYS  
& CLOTHES - for all ages

BARBEQUE  
delicious  
sausages +  
homemade relish

BOOKS  
FOR ALL AGES

ORGANIC HOME-GROWN  
PRODUCE Figs, apples, lemons, flowers & plants

*From around the Parish . . .*

Kitchen Renovations completed



## Making Contact with St Mary's

Post: 430 Queensberry Street, North Melbourne VIC 3051  
Phone: (03) 9328 2522 Fax: (03) 9328 2922  
E-mail: [office@stmarys.org.au](mailto:office@stmarys.org.au)  
Web: [www.stmarys.org.au](http://www.stmarys.org.au)  
Vicar: Fr Craig D'Alton Ph: 0407 443 909  
[priest@stmarys.org.au](mailto:priest@stmarys.org.au)  
<http://humanecatholic.blogspot.com>  
Curate: The Revd Emily Payne 0408 666 119  
[curate@stmarys.org.au](mailto:curate@stmarys.org.au)  
<http://paidiske.wordpress.com>  
The curate's workdays are Thursday, Friday,  
Sunday  
Assoc Pr: Fr Don Edgar (*away on locum duties*)  
Fr Philip Bewley (*away on locum duties*)

The church is open during the day.  
Morning Prayer is at 8.30am Tuesday to Friday.  
All are welcome, and for coffee afterwards.  
Wednesday Eucharist is celebrated at  
12.30pm in the Mary Chapel.

The clergy are happy to be contacted to discuss matters of faith with anyone, and to prepare people for the church's sacraments.

The Parish Office is open  
Tuesday 9am-1pm & Thursday 9am-4pm

**This Edition of the Parish News has been printed in black & white to help save money. If you would like to view this edition of the Parish News in colour, please go to our website [www.stmarys.org.au](http://www.stmarys.org.au)**

## MISSION STATEMENT

*St Mary's Anglican Church, North Melbourne is an inner-city Christian community that strives to be faithful, inclusive, and sacramental.*

*God inspires us to worship in daily celebration; to be caring, thoughtful and inviting.*

*In response to God's call, in the next three to five years we aim:*

- to grow substantially in faith and numbers*
- to provide ministries and cultural activities that actively engage with people in North Melbourne, West Melbourne, and South Parkville*
- to improve our ministry to and with children and younger adults*
- to manage and deploy our property and financial assets wisely*
- to become more open to change as we learn how to grow*



**If you would like to be part of this vibrant community, please complete the details below. We will contact you within the next few days.**

### **New to St Mary's**

Name(s):

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Phone number:

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Email:

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Address:

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