

<p style="text-align: center;">PAX - WITH THE GOSPEL FOR OUR GUIDE POST-PENTECOST I 2017 – Covering the period from Pentecost Sunday until August 31st.</p>
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SECTION ONE: Reading and Reflection

Theme: He stilled the storm to a whisper. All the waves of the sea were hushed. They rejoiced because of the calm. And he led them to the haven they desired. (Psalm 106, verses 29 and 30).

We have just celebrated another Pentecost.

Pentecost was about tongues of fire (the power of the Holy Spirit), coming to rest on each of the disciples and in turn setting them on fire for the spread of the Gospel. Some of the foundations of the Gospel are prayer, light, peace, calm, trust, solidarity, forgiveness, generosity, gratitude and compassion.

Let us look at one only: CALM

Luke 8:23 recounts the episode of the storm on the lake: *As they sailed on the lake Jesus fell asleep. Then a storm came down, with strong winds, and the boat was filled with water, and they were in danger of drowning. They woke Jesus saying: 'Master, master, we are perishing'. But Jesus rebuked the wind and the roughness of the water; and they ceased, and there was calm again. And he said to them: Where is your faith?*

He stilled the storm to a whisper. All the waves of the sea were hushed. They rejoiced because of the calm. And he led them to the haven they desired. (Ps. 106, verses 29 & 30).

Current statistics have revealed that 52% of Australians suffer from stress, anxiety and depression. 35% of these suffer from stress in the workplace. "What we do not challenge will always control us." (Sr. Joan Chittister). May we challenge the stress in our lives, so that it will not go on controlling us and making us ill.

We are Benedictines. The mission of each one of us is to preach the life-giving foundation of the Gospel to the rest of the world. First, we must live it ourselves. Secondly we must teach others, primarily by example. Two of my sisters in community were discussing with me one night the difference between kairos time and chronos time. Kairos time can be described as living in the present moment with the peace Jesus gave us. Chronos time is looking at a watch all day long, or trying to get through a pile of work which we know is an impossibility within the hours allotted to us. It is about working to a timetable governed by a clock or watch. After sharing for some time, we saw that the challenge for each of us is to live Kairos time within chronos time. Mindfulness is the answer. Challenging the stress within us is the answer.

SECTION TWO: Further Reading and Reflection

To be recommended for these three months: any book on Lectio Divina, Christian Meditation, Centering Prayer, or Mindfulness. Sr. Joan Chittister notes: "to give people space to read and think and discuss the great issues of the time from the

perspective of the Gospel, may be one of Benedictinism's greatest gifts to a century in which the chaos of action is drying up humanity's deepest wells of wisdom. She wrote this before the turn of the new millennium. But nothing has changed in this regard. Will we, as Benedictines, give the greatest of gifts to others: mindfulness, holy leisure, a listening ear and a calming spirit?

Further reading can be undertaken by working with a Concordance, and praying with as many Scriptural texts as you can, concentrating on our theme: He stilled the storm to a whisper.

SECTION THREE: About the Rule of St. Benedict.

Keeping in mind that every precept of the Rule of St. Benedict is for all monastics, the following texts are where we should be for these three months of June, July and August. Let us take each one for *Lectio Divina*: reading, reflecting, listening to the promptings of the Holy Spirit, and responding to the call of God to live in peace/calm. Makes note in a journal or prayer journal, and write your response to any of these which speak deeply to your life at present. Unforgiveness, for example, may be making you stressed. In this case, "peace as reconciliation" in 4:35 and 31:17 may be just what you need to hear.

peace (synonym for calm) can be found in:

Prologue 17; Prologue 23;

Peace as a quiet mind: 7:35 and 31:17

Peace as reconciliation: 4:35 and 31:17

Peace in community: 354:5

Peace in the Monastic Ritual, - specifically the public recitation of the Lord's prayer: 13:12 & 13.

The kiss of peace: 53:5 and 63:4

Antithesis of peace: 4:25

Anxiety: 64:16

Idleness: 48:1

Quarrelling and factions: 4:73 and 65: 2, 7, 8.

Rebellion: 62:8

SECTION FOUR: Community History

In a spiritual notebook kept by a nun and dated 1928, I found the following entry: *Pax vobiscum (peace be with you). Then: The want of connection between the great words of the Gospel and every day life, has bewildered and discouraged all of us at times.* One of the great words of the Gospel is 'peace'. The want of a connection between 'peace' and every day life can still discourage us. So, over these three months, may we try to make the connection between the peace (calm) which was the gift of the Risen Lord, and the daily journey on which we embark at the start of every new day. May we begin each day with meditation, or centering prayer, both based on *Lectio Divina*. There is no Christian meditation or centering prayer without *Lectio Divina*. May we pray one or more of the Church's Hours in the day. We don't have to carry a book with us – just a psalm prayed from memory, a short scripture from memory, a spontaneous prayer. No matter how short or long doesn't matter. It is vital that we do not miss praying. I found a coffee mug with these words on it, "A

day hemmed in prayer is less likely to unravel"! I use it every day, and remind myself of this message.

SECTION FIVE: Liturgy

JUNE:

- 04: PENTECOST SUNDAY.
- 05: St. Boniface M
- 11: SOLEMNITY OF THE MOST HOLY TRINITY. 28TH Anniversary of the Opening and Blessing of Jamberoo Abbey. (St. Barnabas is omitted this year).
- 13: St. Anthony of Padua. M.
- 18: SOLEMNITY OF THE MOST HOLY BODY AND BLOOD OF CHRIST (*Corpus Christi*).
- 21: St. Aloysius Gonzaga, M
- 22: Sts. John Fisher and Thomas More, Martyrs of the English Reformation. M
- 23: THE MOST SACRED HEART OF JESUS. S. St. Mildred of Thanet and the Holy Nuns of England are omitted this year.
- 24: The Nativity of St. John The Baptist. S
- 25: 12th Sunday in Ordinary Time.
- 28: St. Irenaeus. M
- 29: Sts. Peter and Paul. S

JULY:

- 02: 13th Sunday in Ordinary Time.
- 03: St. Thomas apostle. F.
- 09: 14th Sunday in Ordinary Time.
- 11: St. Benedict. F.
- 15: St. Bonaventure. M.
- 16: 15th Sunday in Ordinary Time. Our Lady of Mt. Carmel is omitted this year.
- 22: St. Mary Magdalen M
- 23: 16th Sunday in Ordinary Time
- 25: St. James. F
- 26: Sts. Joachim and Anne, parents of the Blessed Virgin Mary M
- 29: Sts. Martha, Mary and Lazarus - M
- 30: 17th Sunday in Ordinary Time.
- 31: St Ignatius of Loyola.

AUGUST:

- 01: St. Alphonsus Ligouri M
- 03: St. Dominic M
- 04: St. John Vianney, M.
- 06: Transfiguration of the Lord, F.
- 08: St. Mary of the Cross MacKillop, S.
- 09: St. Edith Stein M.
- 10: St. Lawrence. F.
- 11: St. Clare, M.
- 13: 19th Sunday in Ordinary Time.
- 14: St. Maximilian Mary Kolbe M. Vespers I of the Assumption of Our Lady.
- 15 - SOLEMNITY OF THE ASSUMPTION OF OUR LADY. This is a holy day of obligation for Catholics.

20: 20th Sunday in Ordinary Time. St. Bernard is omitted this year. .
 21: St. Pius X. M
 22: Queenship of Mary. M.
 24: St. Bartholomew. F
 27 : 21st Sunday in Ordinary Time. St. Monica is omitted this year.
 28 – St. Augustine. M.
 29 – The Passion of St. John the Baptist. M.
M = Memoria. F = Feast. S = Solemnity.
All other days are Ferial days.

SECTION SIX - Your Community

We are grateful for the Oblates who have founded their own prayer group, or meditation group, or who meet with others for centering prayer and Lectio Divina.

Many Oblates have also attended the retreats guided by Sr. Magdalen: Centering Prayer, and Christian Meditation.

A suggestion for these three months: invite someone who is depressed, anxious, or stressed, to have a cup of tea or coffee with you – in a quiet place, rather than in the heart of the food court in Westfield or Stocklands. Spend gentle time with this person. If you find that this helps to de-stress the person, take it further. A depressed person may need more help than you can offer. Such a person is often angry, - almost always angry. They will say things they don't want to say. Listen freely to their troubles. You, because of your “calm”, will do more good for that person than many professionals, because mostly they just want someone to listen – a friend with whom to share. If you judge that the person needs more professional help, then suggest it when the time is right. First of all, we have to de-stress ourselves before we make a commitment to de-stress another person.

Other community news:

Oblate Colleen Hines has done some research for us, and found the death notice for Oblate Enid Fleming. Enid died in October, 2016. We don't have a date at this point. Thank you Colleen, for pursuing this for us.

A large number of Oblates attended the Easter Vigil Liturgy at the Abbey, and took part in the Genesis Reading. Thank you for your spirit of true worship and for your enthusiasm to proclaim the Word of God. This was the first time in 26 years that Fr. Paul Gurr was not with us. On March 12th, Fr. Paul Gurr fell while mowing the lawn around his house. He sustained a spiral break to his leg, and has been over two months resting and healing. Thanks go to our Sr. Ancilla, who went often and gave the house a clean, took Fr. Paul's dinner and drove Fr. Paul to some of his medical appointments. Of course, many of our local parishioners, and especially our Lay Carmelites have been doing their “bit” to help him recover too.

Oblate Kathryn Mary Proctor has informed us of the death of her mother, Patricia Catherine Proctor, on the 9th of April, 2017.

Oblate Ewa Komorowska has notified us of her brother's death on May 25th, in Poland. Andrew was just 77 years old and had endured a long illness.

Please pray for Oblate Leo (Thomas) Montgomery, and all our Oblates who need more care as they age.

Please pray for Oblate, Father Nigel Thomas Wright, who has faced serious ill-health over the past year.

Please pray for Sr. Hilda's sister, Louise and Mother Mary's sister-in-law, Wendy. Both these women have breast cancer.

WE WISH THE RICHEST BLESSING OF PEACE ON YOUR FEAST DAY TO:

June 5: Allen Boniface Flanagan, Jeff Boniface Smart, Arno Boniface Struzina, Rev. Cameron Boniface Freese

June 11: Brian Barnabas McKinlay, Jan Barnabas Trevenen and Rosalie Barnabas Jacques.

June 12: Sr. Hilda Scott (St.Hilda of Whitby).

June 13: Therese Anthony Harding

Solemnity of the Sacred Heart of Jesus: Sr. Caritas Rodrigues

June 22: Katherine Thomas Lindsay, Margaret Thomas More Whetham.

June 23: Frances Mildred Cormack.

June 24: Carmen Giovanna Xuereb

June 30: Annette Cuthbert Dawes

July 3: Leo Thomas Montgomery, Douglas Thomas Fitzpatrick

July 11: Ian Benedict Macdonald, Valerie Benedicta Dickson, Ken Benedict Press, Bill Benedict Price, Patrick Benedict Sleight, Marianne Benedict Scarf, Sonia Benedicta Aquilina, Russell Benedict Collins, Margaret Benedict Houen, Geraldine Mary Benedicta Doyle, June Benedicta Jenkins, Garry Benedict Gleeson, Ellen Benedicta Woods, Brenda Benedicta Verbeek, Benedetta Marina di Mattia, Dorothy Benedicta Taylor, Chantal Mary Benedicte Jacquier, Patricia Benedict Thomas, Rosslyn Teresa Benedicta Rice, Matthew Benedict Ransom, Ivan Benedict Fitz, Claire Benedict Lanigan, Debra Benedicta Verbeek, Elizabeth Benedicta Arblaster, Felicity Benedict Giles

July 14: Dorothy (Veronica Guiliani) Touzell

July 15: Pamela Henry Herrick (St. Henry II, Patron of Oblates)

July 16: Fr. Paul Gurr O.Carm. (Abbey Chaplain)

July 20: Valerie Margaret Johnson (Margaret of Antioch).

July 22: Sr. Magdalen Mather, Margaret Mary Magdalen Oomens, Kerri Mary Magdalen Olson, Jeanette Magdalen Murray, Pamela Magdalen Hassell. Marilyn Mary Magdalen Caruana, Phyllis Magdalen Rodriguez, and Judith Mary Magdalen Pickering.

July 25: Peter James Lambert-Brown

July 26: Daphne Anne Spelter

July 29: Sr. Joy Martha Jensen, Deborah Martha Pike and Wendy Mary Young.

July 31: Fr. John (Ignatius) Anderson.

August 8: Carol (Mary of the Cross) Xuereb

August 9: Anne (Edith) Fry, Hilary (Teresa Benedicta of the Cross) Scarce.

August 11: Sr. Clare Gamble, Shirley Clare Basham, Rev. Ann Clare Dittmar McCollim, Marie Clare Manning

August 15: Sr. Maria Frances Slade, Sr. Stella Lee

August 20: Bernard Quinn, Fr. Henry Bernard Byrne, Peter Bernard Sheehan, Lee Ann Bernardine Wein, Dean Bernard Godric Piryak
 August 22: Christina Maria de Angelo Camron
 August 23: Victoria Rose Sultana
 August 27: Colleen Monica Fletcher
 August 28: Joan Augustine Lorente, and Monica Augustina Rodriguez, Colleen Augustine Cashman, Monica Augustine Hunt
 August 31: Leslie Aidan Whittet.

LET US PRAY FOR ONE ANOTHER AS OUR ANNIVERSARIES OCCUR:

June 6: Lorraine Mary Irmina Stilo
 June 6: Dorothy Veronica Guiliani Touzell.
 June 7: Ian Benedict MacDonald.
 June 8: Brenda Benedicta Verbeek, Judith Catherine Brown, Helene Miriam Mackey, Rev. Catherine Julian Eaton.
 June 12: Christine Gertrud Phillips, Lenka Gregoria Hill, Catherine Frances Turek, Peter Damian McElhone, Alfred Anselm Breznik, Rhonda Scholastica Kinsela, Debi Gertrud Russell, Isabel Frances Vicary and Kevin Francis Vicary.
 June 14: Jean Julian Reid
 June 14: Fr. Brian Gregory Mascord
 June 22: Valerie Benedicta Dickson, Dorothy Benedicta Taylor and Christina Maria de Angelo Camron.
 June 23: Aaron Placid McElhone, Margaret Benedicta Houen, Carmen Giovanna Xuereb and Josephine Antonia Petrie.
 June 24: Libby Therese Denny, Catherine Scholastica Ransom
 June 25: Varcha Giles Sidwell, Elizabeth Lioba Anderson, Bernadette Mary Maher, Paul Godric Griffiths, Colleen Monica Fletcher, Nancy Hilda Sage
 June 28: Sonia Veronica Pleines
 June 29: Sr. Julain Barbara Garwood
 June 30: Rev. Nigel Thomas Wright

Solemnity of the Sacred Heart of Jesus: Anthony Anselm Tarleton, Ewa Mary Grajewska.

July 1: Barbara Catherine Mary Crawford, Sarah Louise Emmanuelle Kirsop and Rev. Sharon Lioba Baird.
 July 9: Pam Magdalen Hassell
 July 10: Lee Ann Bernardine Wein
 July 11: Rev. Ian Patrick Crooks and Margaret Julian Crooks, Rosslyn Teresa Benedicta Rice, Ellen Benedicta Woods
 July 12: Margaret Mary Magdalen Oomens
 July 18: Melanie Syncletica Phillips
 July 19: Susan Nano Dickson, and Elizabeth Benedicta Arblaster.
 July 22: Kerri Mary Magdalen Olson
 July 25: Sr. Joy Martha Jensen
 July 26: Anne Sophia Norrie and Denis Nicols
 August 6: Kilian Veronica de Lacy.
 August 8: Anne Edith Fry
 August 9: Hilary (Teresa Benedicta of the Cross) Scarce
 August 10: Anthony John Smith and Vilma Elizabeth Smith.
 August 15: Noella Mary-Emmaus Sheerin, and Michelle Anne Mary Higlett.
 August 18: Marie Clare Manning

August 22: Laura Gertrud Moya, Marianne Benedict Scarf, Irene Patricia McAllister, Josette Elizabeth Wickens, Mary Gertrud Connors, Antoinette Gertrud Jenkins, Ruth Hedwig Huebner, Assunta Benedicta Aquilina, Wilfrid Ambrose Moon, Nereda Gertrud Blake, Doreen Adela O'Sullivan.

August 24: Wendy Begu Fisher-Hudson

August 27: Kay Matilda Myers

August 29: Leslie Aidan Whittet, Susan Columba Marmion Lambert, Peter James Lambert-Brown.

August 31: Pamela Hannah Winter

SOLEMN PROFESSION ANNIVERSARIES:

Corpus Christi: Sr. Agnes Manly

Sacred Heart: Sr. Mary Mellitus Troy, Sr. Antonia Curtis, and Sr. Maureen Therese Woodhouse.

July 11: Sr. Therese Gilmour, Sr. Mary Bernadette Sunarjo

August 6: Sr. Mary Veronica Chandler

August 23: Sr. Caritas Rodrigues

MAY ETERNAL LIGHT SHINE UPON THEM AND MAY THEY REST IN PEACE:

June 4th, 1976: Sr. Mary Gertrude Flannery

June 8th, 1905: Sr. Mary Scholastica Therry

June 9th, 2011: Sr. Janice Robertson

June 10th, 1973: Sr. Mary Bernard Bryant.

June 13th, 1988: Sr. Miriam Murray

June 16th, 1920: Sr. Mary Paul Fairland

June 16th, 1932: Sr. Mary Stanislaus Egan

June 18th, 1861: Sr. Mary Aloysius Shortall

June 18th, 1980: Sr. Mary Audrey Bourke

June 18th, 2008: Oblate John Anselm Jamieson

June 22nd, 2011: Oblate Gabriele Angelica Harders

June 23rd, 1994: Oblate Clare Scholastica Empen

June 23rd, 2001: Oblate Dr. William Canice Hudson

June 23rd, 2012: Oblate Jean Edmond Peter Antoine

June 27th, 1972: Sr. Mary Bede Muschialli

June 28th, 1894: Mother Mary Placid Loughnan

June 29th, 1932: Mother Mary Justina Merewether

July 2nd, 1888: Sr. M. Elizabeth Dwyer,

July 5th, 2008: Oblate Billie Jude Balson.

July 10th, 1891: Sr. M. Bridget O'Sullivan

July 15th, 1943: Sr. Mary Scholastica Sugrue

July 15th, 1985: Sr. Mary Boniface McConnell

July 19th, 2009: Oblate Henning Maximilian Harders

July 22nd, 2003: Sr. Marie Gregory Forster

July 23rd, 1994: Oblate Clare Scholastica Empen

July 24th, 1952: Sr. Mary Ann Harrington

August 9th, 1968: Mother M. Mildred Potts, Fourth Elected Prioress of our community.

August 11th, 1950: Sr. M. Annette Cunningham

August 22nd, 2012: Oblate Teresa Benedict Pozniak.
August 24th, 2006: Mother Benedicta Philips, first Abbess of the community.
August 31st, 2005: Sr. Joy Reynolds

SECTION SEVEN: Saints

“Be united; live in peace, and the God of love and peace will be with you.” St. Paul – 12 Cor. 13:11-13.

SECTION EIGHT: For reflection

“One journey, two paths:

The outer path – career, work, busyness.

The inner path – silence, stillness, hidden.

An integrated day – travelling both paths at the same time.” (Page 133 – Stillness through my Prayers, by Sr. Stanislaus Kennedy, an Irish Sister of Charity. Sr. Stanislaus is known to the Irish as Sr. Stan of Dublin. She practices mindfulness, and provides space for the anxious, stressed and depressed people of her city, by directing a centre of quiet, calm and peace, a centre for prayer and listening, in the heart of Dublin City). I was encouraged to find that her books are in our local public library, and in large print so that the visually impaired can also share in their riches.

Theme: He stilled the storm to a whisper. All the waves of the sea were hushed. They rejoiced because of the calm. And he led them to the haven they desired. (Psalm 106, verses 29 and 30).

