

**SECTION ONE: Reading and Reflection**

**Theme: FEAR**

The Gospel of John chapter 20, verse 19, places the disciples in a residence, with the doors closed “for fear of the Jews.” Jesus came, stood among them, and said to them: “Peace be with you.” Eight days later, the disciples are situated in the same residence with the doors shut. Jesus came and stood among them and said: “Peace be with you.”

Note: Jesus did not stand over them, reprimanding them for being afraid. Neither did he stand in front of them. He stood among them as the one who had said in the Last Supper discourses (John 14:27): “Peace I leave with you, my peace I give to you; not as the world gives do I give to you. Let not your hearts be troubled, neither let them be afraid.” The word used for “peace” in the Greek New Testament is a word meaning tranquillity. In Latin, it is part of the Benedictine motto: Pax inter spinas (peace through a crown of thorns).

John 14:1 is an earlier verse which reaches our fearful hearts: “Let not your hearts be troubled; believe in God, believe also in me.” Chapter 14 goes on and on about saying goodbye, leaving the disciples, reassuring them, endeavouring to dispel their fears.

In Acts chapter 2 we read: “When the day of Pentecost came, they were all together in one place.” They were there because Jesus had told them not to depart from Jerusalem, but to wait for the promise of the Father, which he said, “you heard from me; for John baptized with water, but before many days you shall be baptized with the Holy Spirit.”

In Acts chapter 7, we read: “You shall receive power when the Holy Spirit has come upon you. You shall be my witnesses in Jerusalem and in all Judea and Samaria, and to the ends of the earth.”

We might stop now and ask: How afraid were they? Their Lord had left them. They were to wait for the coming of the Holy Spirit. Acts 1:15 situates them all in the upper room in prayer. Isn't that a little unrealistic? They would have eaten together and enjoyed wine together. They would surely have shared their feelings about the departure of Jesus: their fears, and desolation, their efforts to try and trust that the Holy Spirit (the Lord's promised Comforter) would come and strengthen them. Did they recall the words of Jesus: “Let not your hearts be troubled. Peace I leave with you. Behold I am with you always – yes, to the end of time.”? We all have fears of one kind or another. We know loneliness, desperation, the fear of losing a spouse or a partner, the one with whom we have shared our whole lives. There is nothing abnormal about fear.

Perhaps we are those who help others with fear, and tend to put our own fears aside. We are brilliant at helping others but can't help ourselves – this is often the way.

The honest question is: What am I afraid of? What are my fears? It may help to write them in your prayer journal if you have one. There are two quotations which I have in my journal:

1. From the writings of Oswalk Mtshali: People are great wall-builders, but the walls most impregnable have moats flowing with fright around their hearts.
2. From the writings of Matthew Parris: “Terror of discovery and fear of reproval slip into our unconscious minds during infancy and remain there forever, always potent, usually unacknowledged.

Both need a lot of thought on our part. It is the second quote which makes us afraid of failure.

Do you often find your stomach churning? In a knot? It mostly means that we are gripped with anxiety. Out of control, we call it “having a panic attack” and the consequences of this wear us down emotionally.

A relative of mine lost her son in one of his asthma attacks. It was his first day of university. He was anxious, fearful and began to panic, not because he was going to university, but because his parents were fighting yet again, about how much money his father had lost the night before at Jupiter's Casino.

George Bernard Shaw said in 1898 (Man of Destiny) that there is only one universal passion: fear.

On this subject of fear, we know that the suicide rate in Australia is on the increase. It only seems to go up, not down. Recently, a very young mother, holding her two year old close to her body, jumped to her death from a lookout not far from the Abbey. A couple of hours before she did this, she posted on her facebook page: It's all right to be 'not all right'. Please pray for her, and for her family and friends.

## **SECTION TWO: Further Reading and Reflection**

Why not choose a book or books yourselves. I can suggest books, but we are at different stages on the journey. There are books that help us with our fears. Scrolling through the internet we find any number of books which address the fears that grip human beings.

I find the Book of Comfort, Second Isaiah, beginning with chapter 40 always brings me to stillness after being gripped with fear:

Is 40:9-11; 41: 10 and 11; 41:13; 43: 1 and 2; 43:5.

If you have a Biblical Concordance, you can look at many other texts which are listed under the heading, "fear".

## **SECTION THREE: About the Rule of St. Benedict**

When we sit quietly and ponder on the state of the world and the institutional Church, it is helpful to ask St. Benedict about his world and the institutional Church at that time. He would tell us "that 6<sup>th</sup> century Italy saw the collapse of the Roman civilization; that Rome fell before the onslaught of Alaric in 410 A.D., and sent shockwaves through the whole civilized world; that barbarian tribes began to dismember an empire already seriously weakened from within by misgovernment, oppressive taxation, and scourged by famine. (Summarized from RB80 – "The Sixth Century", 65-69). Into this troubled history with its living fear, came the birth of Benedict and his twin sister, Scholastica, at Nursia in the Sabine country, north-east of Rome. (circa 480 A.D.)

His life was written by Pope Gregory the Great, in Book two of four books of Dialogues. Most of us know this work well. Some may think it is simplistic. However, it is a literary genre which "goes back at least as far as Plato...[Gregory] presents his deacon, Peter, an eager listener who asks naïve and sometimes rather obtuse questions to elicit the pontiff's teaching..." (RB80)

His "Life and Miracles of St. Benedict" is meant to teach that "Benedict is an example of one who shows forth the working of God in one's life. Gregory illustrates the law of paradox: genuine fruitfulness comes from what at first seems sterile; life comes from death; those who concentrate on their own sanctification become apostles, an instrument of God for the good of others." (RB 80, 75).

In sixth century Italy, a young man (Benedict) didn't sit down because he was paralysed with fear. He sought God, renounced worldly riches, spent three years in solitude, eventually built a monastery which we know today as Monte Cassino, and wrote a rule for that monastery.

Read the following paragraph carefully and ponder long on its wisdom:

"While Benedict was aware of the forms of monastic life that had preceded him in East and West and drew copiously upon their literature, he saw that a new beginning had to be made to meet the needs of the times. His moderation, his emphasis on a stable community life in

opposition to individualism and his encouragement of civilising work ensured that the institute he founded would become a powerful force in fashioning a Christian Europe out of the ruins of the Barbarian invasions”

May we read this again and again. In our own aftermath of the scandals that have rocked our churches, and social conventions, a NEW BEGINNING NEEDS TO BE MADE TO MEET THE NEEDS OF THE TIMES.

The new beginning begins with each one of us, not with our neighbours

#### **SECTION FOUR: Community History**

On 7 October, 1847, H.M.S. “Saint Vincent”, left Liverpool England, bound for Sydney Australia. On board were our two founding mothers Scholastica (Jane) Gregory, and Magdalen (Constantia) le Clerc. Archbishop Polding was on board with them, as well as other monks. I imagine there was a good deal of fear in the lives of those who sailed – the voyage took four months. Jane Gregory was so ill on that voyage, that she prayed to die. With the descriptions of the pitching and rolling of the ship, there was surely fear lest the “Saint Vincent” with its passengers was lost at sea.

The arrival of the party in Sydney Harbour on 6 February 1848 began a new chapter in Australian Catholic Church history. A new chapter called for a new beginning. Things were done differently. The nuns listened and witnessed the needs of the Catholic population of Sydney. They soon realized the vast expanse of the country, when the Archbishop would be absent for three months at a time, visiting his vast diocese which extended into Queensland and Victoria. He visited various outposts (not many towns back then!), and administered the sacraments. Often a homestead was made available to Polding and his party. There were no roads – just dusty tracks. Often an Aboriginal guide went with the party to make sure they were going in the right direction. A new beginning called for new strategies to meet “the needs of the times”. One of the mistakes made by some women and men of Catholic Sydney, was that the progress of everything was measured against the traditional conventions of the old countries: England and the Continent. This was never to be the answer. Fear of the ‘new’ may have led to this. We need to make sure that a new beginning in our churches of the present will not be thwarted by a reversion (out of fear) to the Institutional religion of the 1940s and 50s. Are we up for the challenge? As Benedictine monastics, Australia needs us.

#### **SECTION FIVE: Liturgy**

##### **JUNE:**

09: Pentecost Sunday

11: St. Barnabas

13: St. Anthony of Padua. M.

16: The Solemnity of the Most Holy Trinity

21: St. Aloysius Gonzaga (Memorial)

22: Sts. John Fisher and Thomas More. (Memorial)

23: The Most Holy Body and Blood of Christ (Corpus Christi).

*The Benedictine Nuns of England are omitted this year.*

24: The Nativity of St. John The Baptist. S.

28: The Most Sacred Heart of Jesus. S.

29: Sts. Peter and Paul. S

30: 13<sup>th</sup> Sunday in Ordinary Time.

**JULY:**

- 03: St. Thomas apostle. F.
- 07: 14<sup>th</sup> Sunday in Ordinary Time.
- 11: St. Benedict. F.
- 14: 15<sup>th</sup> Sunday in Ordinary Time.
- 15: St. Bonaventure. M
- 16: Our Lady of Mt. Carmel (Optional Memorial)
- 21: 16<sup>th</sup> Sunday in Ordinary Time.
- 22: St. Mary Magdalen F
- 25: St. James. F
- 26: Sts. Joachim and Anne, parents of the Blessed Virgin Mary . M
- 28: 17<sup>th</sup> Sunday in Ordinary Time
- 29: Sts. Martha, Mary and Lazarus – M
- 31: St. Ignatius of Loyola

**AUGUST:**

- 01: St. Alphonsus Ligouri M
- 03: St. Dominic M
- 04: St. John Vianney, M. (Omitted this year)
- 04: 18<sup>th</sup> Sunday in Ordinary Time.
- 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. (Omitted This year)
- 11: 19<sup>th</sup> 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.*
- 18: 20<sup>th</sup> Sunday in Ordinary Time.
- 20; St. Bernard. M
- 21: St. Pius X. M
- 22: Queenship of Mary. M.
- 24: St. Bartholomew. F
- 25 : 21<sup>st</sup> Sunday in Ordinary Time.
- 27: St. Monica. M.
- 28 St. Augustine. M.
- 29 The Passion of St. John the Baptist. M.
- 31: St. Aidan of Lindisfarne. M.

**M = Memoria. F = Feast. S = Solemnity.**

**All other days are Ferial days.**

**SECTION SIX - Your Community**

Sr. Agnes's brother Bill Manly, died at 1.30 a.m. on May 30. Bill had been battling cancer for a long time. Please keep Bill's wife and family in your prayer.

Oblate Cecilia Larkin's husband and family gathered at the Abbey for Sunday Mass on June 2, to witness the Baptism of their grandson. It was a joyous occasion. Cecilia and Peter have been landscaping and maintaining several gardens within the Abbey. They are brilliant at it, and such energetic hard-working people. As some of us know also, Cecilia buys flowers from the Sydney Markets for all the big days in the Church's Calender: Christmas, Easter, Ascension, Pentecost, Trinity, Corpus Christi, the Assumption and Christ the King. That's a lot of flowers! She has been generously arranging them also since 2016, and we are very grateful.

A number of women and men have asked to make oblation in November. We look forward to this with joy.

The entire roof on the Abbey needs replacing. We have been here 30 years on Trinity Sunday. We were given a life-time guarantee for the roof tiles in 1989. For at least 10 years now they have been disintegrating. They can't take the amount of rain and moisture in this area. We live in sub-tropical rainforest and a lot of the building done back in 1988-89 has not survived the distance. The work on the roof has begun with the tiles being replaced by corrugated iron roofing which hopefully will last a lot longer and be waterproof!

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

June 11: Brian Barnabas McKinlay, Jan Barnabas Trevenen and Rosalie Barnabas Jacques.  
June 12: Abbess 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 03: Douglas Thomas Fitzpatrick  
July 11: Ian Benedict Macdonald, Valerie Benedicta Dickson, Ken Benedict Press, Patrick Benedict Sleight, Marianne Benedict Scarf, Sonia Benedicta Aquilina, Russell Benedict Collins, Margaret Benedicta 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, Judith Mary Magdalen Pickering, AND Reshika (Mary Magdalene) Fernando  
July 25: Peter James Lambert-Brown  
July 26: Daphne Anne Spelter  
July 29: Sr. Joy Martha Jensen, Deborah Martha Pike and Wendy Mary Young, Christine (Mary of Bethany) Gilbert  
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,  
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: Juan 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 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: Bishop 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. Julian 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. 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 8 1905: Sr. Mary Scholastica Therry

June 9 2011: Sr. Janice Robertson

June 10 1973: Sr. Mary Bernard Bryant.

June 13 1988: Sr. Miriam Murray

June 16 1920: Sr. Mary Paul Fairland  
 June 16 1932: Sr. Mary Stanislaus Egan  
 June 18 1861: Sr. Mary Aloysius Shortall  
 June 18 1980: Sr. Mary Audrey Bourke  
 June 18 2008: Oblate John Anselm Jamieson  
 June 22 2011: Oblate Gabriele Angelica Harders  
 June 23 1994: Oblate Clare Scholastica Empen  
 June 23 2001: Oblate Dr. William Canice Hudson  
 June 23 2012: Oblate Jean Edmond Peter Antoine  
 June 27 1972: Sr. Mary Bede Muschialli  
 June 28 1894: Mother Mary Placid Loughnan  
 June 29 1932: Mother Mary Justina Merewether  
 July 2 1888: Sr. M. Elizabeth Dwyer,  
 July 5 2008: Oblate Billie Jude Balson.  
 July 10 1891: Sr. M. Bridget O'Sullivan  
 July 15 1943: Sr. Mary Scholastica Sugrue  
 July 15 1985: Sr. Mary Boniface McConnell  
 July 19 2009: Oblate Henning Maximilian Harders  
 July 22 2003: Sr. Marie Gregory Forster  
 July 24 1952: Sr. Mary Ann Harrington  
 August 9 1968: Mother M. Mildred Potts, Fourth Elected Prioress of our community.  
 August 11 1950: Sr. M. Annette Cunningham  
 August 22 2012: Oblate Teresa Benedict Pozniak.  
 August 24 2006: Mother Benedicta Philips, first Abbess of the community.  
 August 31 2005: Sr. Joy Reynolds

#### **SECTION SEVEN: Saints**

From the wisdom of St. Isaac of Syria: "This is what the venerable and holy lips of Our Lord said:- *Come unto me all who are weary and heavy-laden, and I will give you rest. Draw near, he says, to hope in me...and you will find rest from labour and from fear.*

#### **SECTION EIGHT: For Reflection**

Never more relevant is the following contribution from the late Cardinal Basil Hume, O.S.B. He is writing about the "Footprints of the Northern Saints", and offers: "The Church at the time of the Northumbrian saints, as the Church of today, became involved in social matters when it saw that the dignity of the human person had in some way been violated and diminished. That social dimension of the gospel also belongs to the monastic life and is a legacy we have received from the Northumbrian saints. Aidan [of Lindisfarne] did not hesitate to confront King Oswin when the latter rebuked him for giving his horse to a beggar. Wildred certainly did not sit back and ignore what he felt to be unjust practices. Cuthbert preached to the poor in hamlets and villages..." ("Footprints of the Northern Saints", by Basil Hume, London: Darton Longman and Todd, 1999, 89). It is a beautiful book to have in your library).