

☞ CELEBRATING THE CREATIVE SPIRIT ☜

Learning how to be a place of stillness

Carrying out the ministry of Stillpoint from a Spirituality Centre provides a daily challenge to live and work from a place of inner stillness that in turn creates a place of stillness for others. This is a life-long learning curve!

The moments in quiet prayer at the beginning of the day set the tone. As we listen to Scripture, remember the needs of the church and those who have asked us to pray for them, and commit our day's activities to God, the sounds of kookaburras and magpies are like the muezzin's call to prayer.

The bright Adelaide Hills parrots and the chattering lorikeets have finally adopted our verandah, though as the winter rains and fog creep in we and they are not there so often.

The art group gatherings on Friday mornings with Beth Chandler, and "Seasons of the Spirit" group on Monday afternoons with Lynona Hawkins have proven that small groups gathering in the centre is a wise use of the house.

This year a part of our grant is for the creation of resources and a book on personal discernment will be available shortly, with a second on corporate discernment, some meditations CD's, and a DVD of a Stillpoint workshop and worship service becoming available later in the year, along with two e-courses.

We have welcomed Meredith Spangler as our new office manager and her creative promotional ideas, attention to administrative detail, and enthusiasm for what we do are a gift to us.

Four of us have been meeting to plan a new Formation Program for Spiritual Directors that will commence in 2010, under the leadership of myself, Rev Philip Carter, Rev Russell Bartlett and Rev Gary Stuckey. Russell and I are participating in an intensive program for supervision of spiritual directors in July, led by Janet Ruffing in Melbourne.

In the midst of all these activities we pay continual attention to promotion of what we offer, ways of funding what will become a more fragile operation after 2009, and to the invitation and discipline of working contemplatively.

Ann Siddall

IN THIS ISSUE

- 1 LEARNING HOW TO BE A PLACE OF STILLNESS - ANN SIDDALL
- 2 CREATING AN IMAGE OF CHRIST - DEAN DRILLING
- 2 A LITTLE CONTEMPLATION EVERY DAY - ANN SIDDALL
- 3 INSPIRATIONS IN ART - LEONIE INGLETON
- 4 THE JOY OF PHOTOGRAPHY - HEATHER HARGRAVE
- 5 STILLPOINT RETREAT - ANN SIDDALL
- 5 STILLPOINT QUIZ NIGHT
- 5 TIME TO HIBERNATE
- 5 COURSES COMING SOON
- 6 PROGRAM OF EVENTS
- 6 CONTACT DETAILS



Artwork by Leonie Ingleton ~ One of her works from our "Creating the Space" Take Five event.

Creating an image of Christ

by Dean Drilling

~ member and musician of the Faith Community

One Sunday evening in June, 2008, I was struck by the image of a 6th century Orthodox icon of Christ Pantokrator which Ann Siddall used as the cover illustration for a Stillpoint order of service. I found it to be a real aid to worship and subsequently I discovered that the image is part of a larger icon of Christ and that the original still hangs in the St. Catherine Monastery on Mt. Sinai.

Because of my love and respect for the Rev. Gary and because I was aware of his great interest in things monastic, I determined to paint a copy of part of the icon and present it to him as a token of my esteem. Other icons, I found, didn't have the same air about them – the gaze of Christ in this icon is at the same time compassionate and yet confronting – and I hoped that if I was able to faithfully recreate the original it might prove an inspiration to Gary in some way. On a personal level, the simple lines of the icon were strongly attractive to this relatively inexperienced artist.

To call my painting an icon is perhaps to give it a status that it doesn't deserve. After all, the majority of true Orthodox icons were "painted" using purified beeswax mixed with the various coloured pigments required. Mine was simply done using modern acrylic medium. The medium, in the case of true icons contributed nearly as much to the substance of the icon as did the subject.

The process was quite lengthy. It was made so by my determination to create a work which was worthy of the subject and which would be inspiring and pleasing to the recipient. To achieve a greater depth of colour and in an effort to please the observer many layers of paint were used in producing the finished article. I had a coloured print of the original in front of me as I worked and at times found myself in conversation with the image, asking for help in getting it just right.

I'm not sure how accurate my representation is of the image of Christ that Ann used but I'm glad I painted it and glad that it "speaks" to most of those who see it.



A little contemplation every day

It is a mark of the deep wisdom and spiritual sensitivity of Brother David Steindl-Rast that he does not attempt to invite people to a way of life that is really only possible for people living in religious orders. Instead, he invites his listeners to a spirituality of contemplation and action that is deeply integrated into daily life.

Bro. David was in Adelaide in June to lead a day on "Everyday spiritual practices" and an evening public lecture on "A spirituality of grateful living." It was a privilege to have such a wise and distinguished teacher of spirituality in S.A.

He invited us to use all our senses to open ourselves to the "word" that God addresses to us in ordinary, everyday life (experiences, words, situations, music, feelings, objects, nature), to contemplate it in silence and trust that it will yield nourishment, and to put the resulting vision into action in the way that we live.

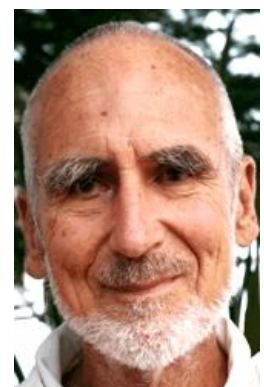
With poetry (a way to access meaning that he was delighted to find resonated deeply with many in his audience), gentle humour and great warmth, Bro. David helped us locate the place within us that yearns for meaning and longs to be fully alive, and described how contemplative living focused those yearnings.

Like all wise spiritual guides, his questions were a way into deeper insights, even when they were as deceptively simple as "Do I need more silence in my life?" If my answer is yes, then "what little step am I willing to take towards greater silence?"

As participants volunteered how they claimed the small, silent moments – waiting in a queue, lighting a candle at twilight, - Bro. David's response was affirming and encouraging, such as this gem from the Desert Fathers and Mothers, "Better to have short times of prayer than long times, because in the long times you get distracted anyway!"

To taste more of Bro David's wisdom find his books, or visit www.gratefulness.org and you will find a web-site full of nourishment for daily life.

Ann Siddall



Brother David
Steindl-Rast

Inspirations in Art

Article and Artwork by Leonie Ingleton

~ one of our valued Volunteers

For some time I had been wanting to get back into my painting and give expression to my creative side. The promotion for the art course at Stillpoint caught my attention as I imagined that perhaps it would ignite a spark of creativity and get me started.

On the first morning I headed up the hill excited about the opportunity to play and to have my mind stimulated with shape, colour, lines, tone and surprise. At the first session, our tutor, Beth Chandler explained that the purpose of the course was for us to find the space to be and explore without rationalizing and justifying and using that part of the brain that wants to analyse everything.

The first art project was a free association exercise where we were invited to flick through magazines and without too much thought, cut out the pictures that we were drawn to. We then pasted them onto a sheet of A3 card. Each of us then looked at our sheet to see if we could make any sense of what we were drawn to. Themes of filling my life with pleasurable experiences, being with people whose company I enjoy, as well as the concern I have for indigenous communities and the River Murray were strong.

The second project was to respond to the previous project to explore feelings. What emerged for me was a folded piece of cartridge paper which formed an envelope with a ribbon tie in the front. Inside I had drawn a cat and a picture of myself with a fluffy hat made of feathers. On the front I had drawn LI's Fuzzy Wuzzy Locket in childlike naïve writing. The child within had been given expression.



Leonie's Fuzzy Wuzzy Locket



Little 'me' was protected in this envelope and the softness of the cat and the fluffy hat expressed tenderness, cuddles and warmth, and nurturing qualities.

We worked with clay in the third week, enjoying the challenges of creating form. I made a little circle of people sitting down, rather than standing, getting my inspiration from the candle holder surrounded by a ring of people that is in the Stillpoint House dining area. This reflects my strong feelings of the need to be inclusive. It also reminded me of the indigenous mob sitting around the campfire.

The last two weeks were spent producing mandalas which seemed to have been popular with everyone. The focus was on 'process' beginning with a structure in which we could make patterns. As we put in our lines and see the patterns that emerged, we were amazed at how it came together. For most of us this was the first time we had made a mandala. The open-ended art experiences worked well for me and I was never stuck with 'what am I going to paint'?



A magpie in Heather's backyard



The Joy of Photography

Article and Photography

by Heather Hargrave

~ member of the Stillpoint Faith Community



I get much happiness and joy from photography. Creativity and, at times, frustration, go hand in hand with the joy.

I've always been a keen photographer. I think it might be genetic! My mother was an excellent photographer, and was still taking photos only a few weeks before she died. My grandfather was a professional photographer and I loved to go into his darkroom with him while he developed films.

Since then photography has always been an important part of my life. As a teenager, one of the first things I bought after starting work was a camera, which I used for many years, mainly to record holidays. After becoming a mother, most of the photos I took were of the children! These photos have become even more precious to me since my daughter died.

Nowadays I take many photos for use as references for drawing or painting, other creative hobbies of mine. I spend many hours working on my photos on the computer, and get great pleasure from this.

Photographing the beauty of God's creation, season by season, is a great joy to me. I love the colours of autumn, the bare branches of winter, the brightly coloured spring flowers, and the dry grass and vivid blue skies of summer. I love photographing the wide variety of birds that enjoy the bird bath in our garden. I have found that I observe nature more keenly when looking through the lens, or deciding on an angle for a photo.

Most people wouldn't think that getting out of a warm bed before dawn, on a cold morning, would equate to happiness! But that is just what I sometimes do in order to photograph nature before sunrise, the dew drops still on the grass and trees, maybe fog or mist giving the whole scene a very soft appearance. I will never forget being absolutely spellbound, photographing the beauty of sunrise over the Iguassu Falls. The only sounds were the rushing water and birds calling in the early morning. The grey sky gradually gave way to palest pink, then deepened to pale apricot. The clouds of mist over the falls turned pink, then orange, then yellow, as the sun rose. At the other end of the day, the colours of sunsets are amazing, and I have spent many, many hours trying to capture some of these.

I love taking photos!



A camel on Mt. Sinai

Sunrise at Iguassu Falls



Radical Hospitality - the Stillpoint Retreat

Fourteen people took part in the annual Stillpoint Retreat this year, which took the theme of Radical Hospitality. They explored the Benedictine understanding of hospitality in terms of God's hospitality to us, our hospitality to ourselves, and our hospitality to others. There was plenty of time to pray, reflect and rest and many also engaged in art-work, and took the opportunity to receive some spiritual direction. Daily Holy Communion took place in the Nunyara Chapel at sunset. On the Tuesday the group set up the space themselves, using material and candles and the photograph shows Cheryl Wiseman lighting the candles.



WINTER ...

*A time to honour the instinct
to find a warm, quiet place,
to curl up and rest ...
Stillpoint Spirituality Centre
"hibernation days"!*



When the darker, colder days come there is an age-old instinct within us, to find a warm place, to curl up, and rest ... to sit quietly and ponder, to take stock, to let our energies renew

Here at Stillpoint Spirituality Centre we've turned the heaters on, fired the coffee pot, spread a few nourishing books around, and put a throw blanket in the arm-chair: it's all here waiting for you.

So why not give yourself a day, or half day, (or treat a friend, or a colleague) to a "hibernation day" here?

We'll make sure you are undisturbed, or, if you wish, offer some food for thought, or a listening ear.

The rest is between you and God.

Quiet rooms available for as little as \$20. Call us.

STILLPOINT QUIZ NIGHT

Saturday 19th September 2009

Adelaide West Uniting Church
312 Sir Donald Bradman Drive,
Brooklyn Park

7.30pm start

Tickets \$10/head, Tables of 8

BYO Nibbles & Drinks,
Tea & Coffee Provided



Bookings:

Joan Kelley: 8179 5639
joan.kelley@internode.on.net

Stillpoint: 8178 0048
stillpoint@internode.on.net

We encourage you to:

*Join us on the evening and bring a table of friends.

*Consider donating a prize toward the evening or making contact with a business owner known to you who you feel may be willing to support us.

*Help out on the night with tasks such as setting up, cleaning up, money counting or making sure coffee & tea is readily available throughout the evening.

All funds raised will go toward supporting the Stillpoint Centre. If you can help in any way please contact Meredith in the Stillpoint Office or Joan.

Take Five Series

Follow the Compassionate Heart

Led by Rev. Alan Biglow. This topic will explore the spirituality of Biblical compassion, service, simplicity, protest and avoiding burn-out in justice-making. To be held at Enfield Uniting Church Mondays 1-3pm, on Aug. 3, 10, 17, 24, 31. Register by July 27. Cost \$60 / \$50 Conc.

Residential Weekend Retreat

Yearning for God:

Learning the Art of Christian Meditation

Have you ever thought you would like the chance to explore the practice and benefits of meditation with a trained teacher? This practical retreat will give you the opportunity to experience, reflect on and grow in your practise of Christian Meditation. 7pm Friday 25th - 3pm Sunday 27th September. To be held at Nunyara Conference Centre, led by Rev Gary Stuckey. For more information contact the Stillpoint Office, 8178 0048 or email: stillpoint@internode.on.net or . Early-bird closes 1st September, registrations close 17th September.

Our Continuing Program for 2009

3, 10, 17, 24, 31 AUGUST (please note the change of dates) ~ FOLLOW THE COMPASSIONATE HEART

A 'Take Five' Short Course reflecting on the spirituality of Biblical compassion, service, simplicity & justice-making. Led by Rev Alan Biglow and being held at Enfield Uniting Church. Mondays 1pm-3pm. Cost \$60(\$50). Brochures, including Registration forms, available from the Stillpoint Centre. Registration & deposit required by 27th July.

14 - 16 AUGUST & 9 - 11 OCTOBER ~ STREAMS OF LIVING WATER

An introduction to Spiritual Formation Parts 1 & 2. Being held in conjunction with Uniting College (formerly Parkin-Wesley). To be held at Nunyara/Stillpoint Centre. Led by Rev Gary Stuckey & others. Enquiries to Uniting College, phone 8416 8420.

19 SEPTEMBER - STILLPOINT QUIZ NIGHT

Adelaide West Uniting Church, 312 Sir Donald Bradman Drive, Brooklyn Park. 7.30pm start. Tickets \$10/head, Tables of 8. BYO Nibbles & Drinks, Tea & Coffee Provided.

25 - 27 SEPTEMBER ~ YEARNING FOR GOD

A residential weekend retreat on the art of Christian Meditation, to be held at Nunyara Conference Centre. Led by Rev Gary Stuckey. Registration & deposit required by 17th Sept. For a brochure including schedule of fees, please contact the Stillpoint Centre. Early bird rates are available if booked & deposit paid by 1st Sept.

27 NOVEMBER, 3 & 11 DECEMBER ~ ADVENT RETREAT DAYS

Quiet space & material prepared by Rev Alan Biglow, at Stillpoint Centre from 9.30am - 4pm. Cost \$25 for the day and includes morning & afternoon teas (BYO lunch). Registration & deposit by Nov 19.

OPEN HOUSE EVERY TUESDAY LUNCHTIME

12noon - 1pm. Drop in for Holy Communion at mid-day and stay for coffee, quiet space, conversation (BYO lunch).

BE STILL AND KNOW MEDITATION GROUP

At Stillpoint House. Guided reflection followed by quiet space. 1.00 - 2.45pm. **Dates:** Jul 14th, Aug 11th, Sept 8th, Oct 13th, Nov 10th. \$2 donation.

STILLPOINT CONTEMPLATIVE WORSHIP

Sundays at Nunyara : Jun 14th & 28th, Jul 12th & 26th, Aug 9th & 23rd, Sept 13th & 27th, Oct 11th & 25th, Nov 8th & 22nd, Dec 6th & 20th (All at 6.30pm).

Tuesdays at Enfield: July 14th, Aug 11th, Sept 8th, Oct 13th, Nov 10th, Dec 8th. (All at 7.30pm).

Wednesdays at Adelaide East: July 1st, Aug 5th, Sept 2nd, Oct 7th, Nov 4th, Dec 2nd. (All at 2pm).

For further information please contact Rev Gary Stuckey on 8178 0048.

***The Stillpoint Spirituality Centre and Faith Community** is a part of the Mission Resourcing Network of the Uniting Church in Australia, assisted by grant funding from the Uniting Foundation. **The Centre** is a place to rest, reflect and pray. Spiritual direction is available, there is an annual program of events, and we also travel out to congregations. It may be booked as a venue for personal reflection or church team or council retreats. **The Faith Community** holds contemplative worship services twice a month. These services focus on a slow, deep experience of Word and Sacrament and offer a community centered around the practice of Christian spiritual disciplines that sustain everyday life and service. You are welcome to join our core community or to continue in your own congregation and come occasionally. The Centre is open Monday to Thursday, 9.30am-1.30pm. Contact details below. The Newsletter is issued three times a year—January/February, June/July and October/November. If you are not receiving our Newsletter and would like to, please let us know. The email version will be sent free of charge & for posted copies a \$5 donation is suggested.*

Stillpoint Spirituality Centre & Faith Community

"Nunyara", 5 Burnell Drive, Belair, SA 5052

phone: (08) 8178 0048

email: stillpoint@internode.on.net

web: www.sa.uca.org.au/goto/stillpoint

Office Hours: Mon - Thurs, 9.30am - 1.30pm

Centre Director: Ann Siddall

Minister of the Community: Rev Gary Stuckey