



# SRC BULLETIN



## SRC NEWS

A R I S E A N D R E B U I L D I

“I will not leave you orphans;  
I will come to you.”

### *Introduction*

A warm welcome to the Week Ten. Trusting that you all had a restful weekend! This week’s meeting the folks will be on Lectio Divina with Frances and Vincent Cassidy. Wish you all best of luck this week.

Enjoy our quick digest with Chris Monaghan on growth and change. Good luck, for a wonderful week ahead.



### “Meet the Folks:” Frances and Vincent Cassidy

**LECTIO DIVINA** – as practised in the Eastern Suburbs of Melbourne

LECTIO DIVINA is a slow, reflective and prayerful reading of a text from Sacred

Scripture. We read, we pray, we meditate – we break open the Sacred Word of

Scripture. Jesus says in Matthew, quoting from Deuteronomy, “...we shall not

live on bread alone, but on every word that comes from the mouth of God.”

Because we are spiritual beings, we have a need for spiritual food on our

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journey of faith. LECTIO DIVINA helps to supply that great need.

**LECTIO DIVINA** is an ancient practice – it goes back to the early church, to the early desert mothers and fathers, to the great Monastic Institutions where the Abbott or Prior would give the brothers and sisters a word from Scripture. They would then absorb that word, turning it over, ruminating on it – helping to satisfy their great need to deepen their relationship with the Risen Lord – through His Sacred Word.

**LECTIO DIVINA** was kept alive and indeed strengthened and practised especially by the Benedictine communities in the Dark Ages and early Middle Ages. The Prior of the great Chartreuse Priory in the late 12th Century formalised LECTIO into FOUR MOVEMENTS which we still follow to this day.

READING

MEDITATION

PRAYER and

CONTEMPLATION –

We read the chosen text once in each of the first three movements, each reading followed by a short period of reflective silence. In CONTEMPLATION we have a slightly longer period of silence, followed by a sharing of any insights we might have gained.

**LECTIO DIVINA** is held at the Janssen Centre in Boronia every Monday Morning at 10 am. Each week we average about a dozen participants. Not everyone can come every week, but there are about twenty people in total who participate whenever they can. It lasts about an hour, and is followed by a cuppa where

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we come back down to earth and discuss what we have been watching on TV, movies that might be worth seeing - and generally solving the world's problems.

Our participants come from a variety of backgrounds and indeed a variety of religions. We have two or three Religious Sisters; two or three ordained Ministers of Religion. We have some participants who come from parishes, near and not so near. We are usually blessed with the presence of some members of the Janssen Community, Fr Thien, Fr Gilbert and Fr Phuong, whenever they are available. The contribution and sharing of all of these participants is truly spiritual and valuable.

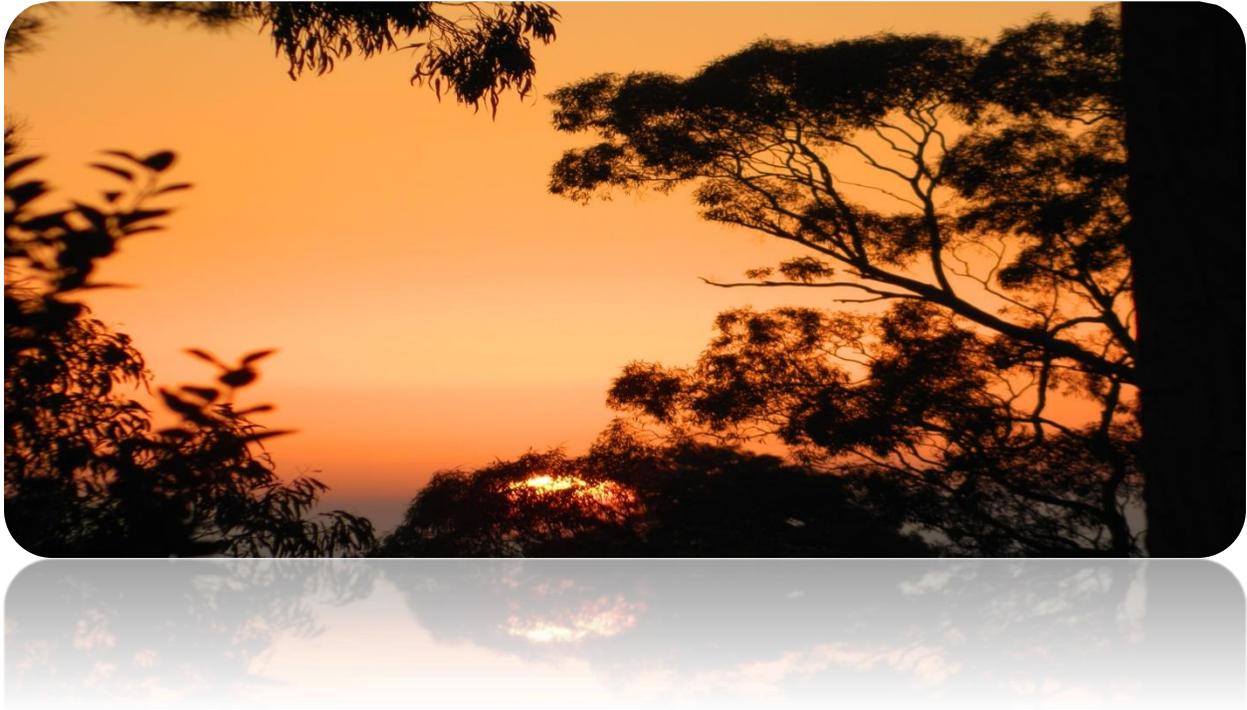
Lectio Divina is also practised on the First Monday of the month at 7.30pm at Our Lady's in Ringwood; and is repeated the following morning at 9.15. Lectio Divina at both Boronia and Ringwood are led by Frances and Vincent Cassidy. Frances and Vincent are willing to help out any parish in establishing their own practice of Lectio Divina.

It is important to acknowledge that LECTIO DIVINA is not a Bible Study Group. We do not engage in an intellectual analysis of the text. While a little background can be helpful; our main exercise is to read slowly and reflectively. Our text is usually the gospel for the forthcoming Sunday. We meditate, we pray, we acknowledge the presence of the Holy Spirit among us. We then go home, nourished by our chosen text which we reflect on during the week.

**Frances and Vincent Cassidy 0404054425**

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## Quick Digest



One of the things we know about life or about ourselves is that GROWTH for individual, society, churches or institution is, it always involves CHANGE. And one challenge to the Change is, “Let go in order to grow.” Chris Monaghan.

### Reminders

*Thanks everyone for coping well with Zoom class this far. Please bear in mind that due dates for assessments are nearing and the SRC encourages every student to keep working.*

*Do not hesitate to seek help at all. It is worth, make use.*

*Do not stress yourself with work- take a bit of your time for relaxation and exercising. Your health is worth keeping.*

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*This Week's Quote*



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“Let your roots grow down into him, and let your lives be built on him. Then your faith will grow in the truth you were taught, and you will overflow with thankfulness.”

*Colosians2:7*

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