



The Community of Aidan and Hilda

Southern England & Channel Islands Region

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*“The wind blows wherever it pleases...
so it is with anyone born of the Spirit.”*

John 3v8

Living Between the Roost and the River

The south coast of England is a great place to live for a number of reasons. But if you are a bird watcher it is an even better place. In the migration seasons birds are not the only things to flock to the wetlands of the south coast, many birdwatchers come too. They come to see all sorts of birds as they make their way around the world and stop off for a period of rest. One of these migratory birds is the goose. There are many types of goose around here in these seasons, and thousands of each type.

I have discovered something. Every morning and every evening during these times of the year there are hundreds of Canada geese that fly over my house. One direction in the morning, and the opposite direction in the evening. This is because my house is obviously situated between the roost, where they sleep, and the river, where they spend their day. Each day my gaze is drawn upwards as they fly over

head, often I am distracted from my morning prayer/lectio divina.

Every time my attention is drawn upwards by the sound of a goose I am reminded of the Holy Spirit, the Wild Goose of Celtic Christianity, and one morning the title phrase came into my head, and I began to wonder, what does it mean to live between the roost and the river? If the roost is the throne room of heaven, and the river is that which is found in Revelation 22, what does it mean, spiritually, to live between the roost and the river?

When the Holy Spirit passes over, is our attention drawn to him? Or do we ignore his call? Are we distracted from what we are doing in life, even if it is ‘for Him’, by the voice of the Spirit? Or do we miss it because we are too busy getting on with life?

We live between the roost and the river. Don't miss the call of the Wild Goose.

David Cole. Regional Guardian

Roots - Rhythm - Relationships

Rhythm:

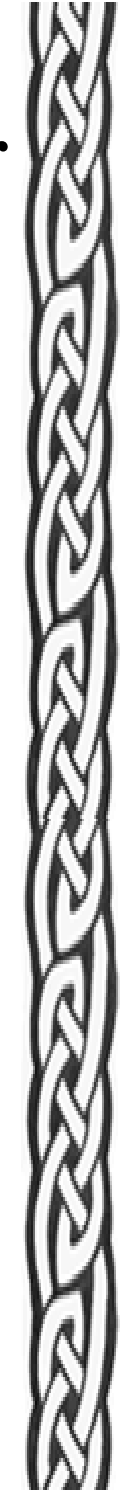
The 10 Waymarks of the Way of Life of the Community can be filtered into these three R's. Rhythm includes our daily pattern; simplicity of lifestyle; mission and our spiritual journey. What rhythms do you see in the world around you? The most obvious ones are day and night, and the seasons. All of creation is made in a rhythm, and as part of that creation we are made with a rhythm too. We need to grasp a hold of that rhythm if we are to get the most out of life and not get burnt out! In our every day we need to set the pattern of balance in our time with God, our work and our re-creation time. It is necessary to have these three in balance to maintain our holistic health (mind, body and soul/spirit). If we over complicate our life by filling it with too many objects or opportunities then we lose this balance →

Celtic Creativity & Releasing your Creative Imagination
A retreat day led by Liz Babbs,
international speaker and author

Saturday July 10th 2010. 10am – 4pm. Venue: To Be Confirmed

Email: CAandHbooking@netscape.net

only £35



Rhythm (from front)

and rhythm. Simplicity in our lifestyle helps maintain this, don't clutter up your heart, mind, spirit or living space with things that will drag you down. Do you have anything? Do you need to clear out? Our mission too needs to be in a rhythm. The book 'Punk Monk' has the subtitle 'the ancient art of breathing'. This is about rhythm in your mission. Breathing in – prayer, inner mission; breathing out – evangelism, outer mission. There needs to be a rhythm in our mission if we are to be affective, we cannot simply go out without having gained the direction and strength from staying it. But again, don't out balance these two, stay in rhythm.

One of the most important things to have a rhythm in is our continual spiritual journey, our ever lasting walk with God.

I have friends who do hill walking. I love to walk out in nature, but some of these guys are far more serious about it that !! But if they do not 'pace themselves', in other words, put a rhythm in their walks, then they will not make it very far. There needs to be rest periods as well as periods of pushing through the desire to give up. Get a balance, get a rhythm, get the best out of life!

Developing a Way of Life

On a beautiful Saturday in November just less than a dozen of us sat before a real fire in a converted water mill by a Hampshire river to spend the day learning about and discussing developing a way of life.

Leading an extended version of the seminar from Spring Harvest, David Cole, regional guardian for Southern England, looked at the reason why we each need a way of life, how living by one is life giving and not a bind, and looking at each of the elements of the Way of Life by The Community of Aidan & Hilda.

We spent time out by the river dwelling on God's presence in creation, and various practical times to express the 10 different elements of our way of life and the 3 life giving principles. We shared time together over lunch and short breaks and had thoroughly good day.

A Day with Liz Babbs

On Saturday July 10th 2010 the Southern England Region of The Community of Aidan & Hilda is proud to present a day with Liz Babbs.

Liz is an award-winning author, performer, broadcaster, speaker, spiritual director, retreat leader and creative prayer consultant. She is author of ten books and four CDs including the award-winning 'Into God's Presence' (Zondervan) and many of her books have been translated into other languages. Liz writes on issues of health, self help and spirituality (including Celtic Spirituality) and travels internationally as an author, performer and speaker.

Fresh from a tour of the USA with her Celtic Treasure's 'one woman show' she has agreed to come and lead a retreat day for us (venue to be confirmed) on Celtic Creativity and releasing your creative imagination.

This should be a fantastic day that isn't to be missed!!!

Cost of the day is £35 each.

If you would like to book a place on this day please contact CAandHbooking@netscape.net

For more information on Liz visit www.lizbabbs.com and also www.celtictreasure.blogspot.com

Learning peace and patience through games

Saturday February 6th, 21 Lichen Way, Marchwood, Hampshire, SO40 4YA

4.30pm arrive – 5pm bring and share dinner (bring something with you to share with others)

6pm learning peace and patience through games – 9pm night prayer to end

Please contact David Cole by January 31st to let him know if you are coming or not.

07702 054198 or WanderingKeltos@netscape.net