

## Tend Your Awakening Heart with Us.



## August 2020



### Words from our Director...On Contemplative Dialogue

The frogs on the banks of Lake Sagatan seem quite jittery this week. (Perhaps they reflect the energy of parents and school employees who are anxiously awaiting news about what this school year will look like.) Despite that I walk by them nearly every morning, they jump quickly into the water as I approach. I guess it is true that you do not form community simply by being side by side one another. It takes intention. A man does not become decent just because he has a daughter (AOC). Character requires disciplined actions.

I wish that the frogs would stick around for awhile, that they would not dive for the water and hide beneath the mud. What might we learn about one another if they stayed still long enough to have a little chat? What might we learn if we engaged in dialogue with one another? How might we change the world because of our encounter with one another?

These imaginay questions form the frame of transition into this month's reflection focus. For the last three months, I offered reflections on postures that support contemplative dialogue (spaciousness, suppleness, surrender). For the next few months, I will offer reflections on five movements that support Contemplative Dialogue: Grounding in Self, Opening to Others, Seeking God, Facing Suffering, and Committing to Wholeness. But first, a few words on Contemplative Dialogue itself.

Contemplative Dialogue is not unlike intercultural dialogue; both forms of dialogue encourage genuine encounter and deepening knowledge of others. Contemplative Dialogue also resonates with the discipline of civic discourse; both forms of discourse encourage respectful treatment of others and a widening of perspective, even and especially when it comes to difficult and ambiguous topics. One characteristic that defines Contemplative Dialogue is that it invites the soul into the conversation; it seeks the "more." Contemplative Dialogue is relational; it considers the persons of God, Self, and Others. Contemplative Dialogue is wholistic; it recognizes the many faculties of human being-physical, emotional, mental, and spiritual. Contemplative Dialogue is also developmental; it faces fragmentation and limitations, supports healing, and seeks wholeness. As a framework for viewing the Presence of Spirit in the world and one's actions within it, Contemplative Dialogue could serve as a model for spiritual formation. Contemplative Dialogue can also serve as a practical tool for discerning our best personal interactions with one another.

Over the next few months, and especially as the United States enters the final months before its presidential elections, in the midst of a global pandemic, I invite you to seek out opportunities to practice Contemplative Dialogue: How do you find groundedness? Who might you open up to more? Where is God? What suffering do you see? What visions for wholeness inspire you and your communities?

Christine Luna Munger



## Reflect/Act with Us.

This month, the EHoP Executive Committee and Board dedicated a portion of the bi-monthly Board meeting to reflection on the topics of personal identity and racial justice. We recognize that inner work directly supports outer work. EHoP invites you to continue your inner/outer work in earnest, especially in communities where you can be honest and vulnerable as you engage difficult and uncomfortable topics.

## Pray with Us.

Since mid-March, the Episcopal House of Prayer has hosted its weekly sit in Collegeville online via zoom. We continue to meet each week.

*5-5:30–time for tech and social connection*

*5:30-6:30–formal sitting period*

*6:30-6:45–short teaching*

To join, [simply click here](#) or use this Meeting ID: 644 263 888

## Join Us.

### The Five Wisdoms: a One-day Online Retreat

**Offered by Dan Wolpert, MDiv.  
August 15, 2020 from 9 AM – 3 PM**

This unique one-day retreat will combine online teaching and discussion and individual contemplative practice done at your home. During the course of the day, you will learn about the Five Wisdom practices, spend time in prayer by yourself, and will then return to the online group for reflection, questions, and conversation. This format will allow us to be on retreat together, even as we are not physically in the same location.

The Five Wisdom Teaching describes five personality and constitutional types, each arising from a unique elemental energy. Based upon Chinese and Tibetan Five Element Theory and contemplative (mindfulness) psychology, these teachings promote contemplative practice that grounds us in our created, elemental world.

Daniel Wolpert, MDiv, a Presbyterian minister, is cofounder of the Minnesota Institute of Contemplation and Healing (MICAH). He has been a student of the spiritual life since age 21 and has taught in the fields of psychology and spiritual formation. Dan provides counseling and spiritual direction. He is the author of four books: *Leading a Life with God: the Practice of Spiritual Leadership*, *Creating a Life with God: the Call of Ancient Prayer Practices*, co-author of *Meeting God in Virtual Reality*, and most recently, *The Collapse of the Three Story Universe: Christianity in an Age of Science*.

Register

## Deepening Our Embrace: An Intermediate Yoga Online Experience

**Offered by Preeta Banerjee, Ph D**  
**Monday, September 14-Friday September 18**  
**Daily, 2-hour online morning sessions**

Together, we will venture into mysteries within us all as we ask "Who Am I?" Our time together will include presenter teaching, practice sessions on your own, and opportunities for contemplative dialogue across traditions. As a next step of our enriching journey with Yoga, we will dive further into Sanatan Dharma, the age-old philosophy known as Hinduism. We will deepen each day by exploring one of the five layers (koshas) of the human experience that veil the *Atman*, or true Self. Exploring each layer brings the individual closer to oneness with the universe and the true Self.

Preeta Banerjee, Ph D is a spiritual companion who draws on a broad and deep range of experience, having spent 20 years in academia, coaching and consulting as an advocate, educator, researcher and author. She is a strong voice for combining spirituality, creativity, innovation, entrepreneurship and social change. Her daily practice comes from yoga, Let Your Yoga Dance, meditation, as well as being an Ayurveda and a blackbelt Tae Kwon Do practitioner.

Register

## Programming Pivot

Throughout August you will notice a number of announcements regarding opportunities for small groups and short events sponsored by EHoP. In part, these new options are a response to the reality of the pandemic. Yet beyond the scope of these months, these new options offer an additional layer of programming that we expect will build and sustain our communal life well into the future. More detailed descriptions about each of these offerings will come in the next few weeks. Visit our website or be on the lookout for e-blast announcements for more information:

- small group spiritual direction
- small group lectio divina
- small group book discussions
- Mystic-a-Month series
- Day-Long Prayer series
- video series

**Support Us.**

Did you know?

You can financially support EHoP whenever you do online shopping through Amazon? If you already shop through Amazon, consider navigating to [smile.amazon.com](https://smile.amazon.com) and searching for "Episcopal House of Prayer" as the organization that automatically receives a portion of your purchases. If you have further questions about how to set this up, contact our House Manager, Patricia Benson at 320-363-3293.

Donate

## Be safe with Us.

Due to the Covid-19 pandemic, the Episcopal House of Prayer continues to assess the possibility of opening the House again and gathering our community. In July, the Executive Committee and the Board updated the following:

- Onsite retreats for the entirety of 2020 will not take place; alternatively, an online option will be available (yoga, arts, heart).
- rentals and small groups may begin in September with the following considerations: (likely through December)
  - a group size limit of 10 (assuming mask-use and safe distancing)
  - a four-hour time limit in the main building and thirty-minute time limit in the Oratory
  - no overnight options for groups
  - no food options for groups
  - individual personal retreats possible on a case-by-case basis
- Monday and Thursday night weekly contemplative sits in the Twin Cities continue in outdoors locations.
- Monday night ChiKung in Collegeville continues as an outdoor activity.
  - Common guidelines for outdoor gatherings include six-foot distancing, using facemasks, and bringing your own materials.

## Practice with Us.

This year, we began to offer "short teachings" on prayer after the weekly contemplative sit in Collegeville. These short-teachings intend to engage those gathered whether they are new to, or seasoned in, contemplative prayer. The session lasts fifteen minutes and includes three parts: 1) a short selection of text on prayer from the tradition, 2) short teaching on the text, 3) questions and opportunity for reflection regarding practice.

As the body of these short-teachings grow, the new teachings will be shared in this section of the newsletter. For a full listing of all the teachings, visit our website and navigate to the [Prayer Teaching Library page](#).

[Recollection](#) by Teresa of Avila

[Effort in Prayer Like Water](#) by Teresa of Avila

[Awakening Latent Faculties by Polishing the Mirror of Awareness](#) by Kabir Helminski

[Meditation and Presence](#) by Kabir Helminski

[Attention and Presence](#) by Kabir Helminski

## Chant with Us.

Chant and sacred song are an important element of our weekly prayer and retreat experiences at the Episcopal House of Prayer. Over the years, a number of beloved and favorite chants have echoed in the oratory, even as new ones are heard for the first time. I invite all members of our community to consider either recording some of your favorite chants and/or listening to them when they are posted in the newsletters.

Thank you for Jodie Milroy for this month's chant: [Breezes at Dawn](#)

If you would like to listen to the entire set of chants, visit our website and navigate to the [Chant Library page](#).

## Join Us.

If you are seeking spiritual transformation, we invite you to join us for weekly Contemplative Prayer (online) in Collegeville or outdoors in St. Paul and Minneapolis.

All are welcome!

[Visit our website](#)

## Vision with Us.

**Our Mission is to assist in the ongoing work of discerning God's voice, both within ourselves and in the world; provide guidance in the search for wisdom; teach all forms of contemplative prayer; offer training in the inner work of the spiritual life.**

**The vision of the Episcopal House of Prayer is to be a contemplative ministry of spiritual transformation, grounded in the Christian tradition, in the practice of Benedictine hospitality, reaching out and welcoming all.**

## Support Us.

The Episcopal House of Prayer is a contemplative ministry grounded in the Christian tradition and held within a Benedictine container, with locations in Collegeville, Saint Paul, and Minneapolis, Minnesota. This ministry is dedicated to supporting individuals and groups as they seek to be "formed into Christ" (Galations 4:19).

[Donate](#)

## Connect with Us.

