

Tend Your Awakening Heart with Us.

(Special thanks to [Julie Stevens](#) for helping us to update our new look!)



Awakening Hearts Cultivating Wisdom Revealing the Sacred

April 2020



Words from the Director on Contemplative Dialogue...

Spaciousness, suppleness, and surrender are three postures that support contemplative living. They are contemplative postures which support contemplative dialogue. Given the turn of events around the world in recent months, many of us currently experience unexpected (forced, even) spaciousness because of orders to shelter in space. Many of us currently experience intense suppleness because of the forceful fluxes that emerge as we face the brave work of responding to the current pandemic. No matter where we find

ourselves on a continuum between spaciousness and suppleness, a third posture of surrender also surely emerges. Evelyn Underhill teaches that the essence of mysticism is summed up in two experiences: union with the flux of life and union with the Whole (Practical Mysticism, p. 15-16). The dance of spaciousness, suppleness, and surrender prompt us to face both the flux and the whole of life, especially in uncertain times. Over the next few months, I invite you to attend to the ways in which spaciousness, suppleness, and surrender are showing up in your life rhythms. I will offer a short reflection on each of these over three months.

Spaciousness is a contemplative posture that allows for receptivity. Spaciousness is not emptiness; rather, in its spiritual sense, it holds power. Though spaciousness has a "passive" side, spaciousness can also break open vistas. Spaciousness encourages us to take in all that is already there, just as it is, including both the ups and the downs that life may present to us. Spaciousness refreshes the mind and warms the heart. Spaciousness nods its head to the past, expects something of the future, and yet sits in the now. Too much spaciousness can feel overwhelming and insufficient spaciousness can feel suffocating. Spaciousness starts with oneself. Spaciousness prepares fertile ground for becoming grounded. My morning contemplative walk allows me a regular sense of spaciousness. This week, while on my walk, the following song came to me. I offer it, that it might prompt your own sense of spaciousness.

[What Is \(short chant\)](#)

What is
is what is;
and it is
what it was;
and what was
is what Ever Shall Be.



Pray 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.

As the body of these short-teachings grow, they will be shared in this section of the newsletter. They will be arranged by topic and will include two pages or less of text.

Forms of Prayer

[Forms of Contemplative Prayer by Evelyn Underhill](#)

[Walking Meditation as Walking with the Holy by Thich Nhat Hahn](#) (new this month)

Techniques or Methods of Prayer

[Attention in Contemplative Prayer by Evelyn Underhill](#)

[Awareness as Waking Up to Wisdom by Anthony de Mello](#)

[The Sacred Word in Centering Prayer by Thomas Keating](#) (new this month)

Silence in Contemplative Prayer

[Why Silent Prayer by Henri Nouwen](#)

[Silence as Revelation by Anthony de Mello](#)

Contemplation in Action

[Practical Fruits of Contemplative Work by Wayne Teasdale](#) (new this month)

[Transformation as the Reality of Inner Change by Wayne Teasdale](#) (new this month)

The Role of the Heart in Prayer

[The Role of the Heart by Henri Nouwen](#)

The Theology of Contemplative Prayer

[God and Self in Contemplative Prayer](#) (new this month)

Reflect with Us.

Haikus by Roy Dorn, Member of the Contemplative Body

costing everything
all manner of thing is well
simplicity now

contemplative life
long loving look at real
through both breadth and depth

it is either or

that hidden wholeness is found
that becomes both and

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 John Mischke and Jodie Milroy for this month's chant: [From You I Receive](#)

From the March Newsletter (updated version with harmonies) [We are Swimming in Mercy](#)

From the February Newsletter [Beloved One, You are my being](#)

Chants from 2019 Newsletters

[I am in Thou](#)

[All Shall be Well](#)

[Spirit of Truth](#)

[Listen, Listen](#)

[Let Me Hear](#)

[As the Deer](#)

[Bind my Head](#)

[Holy Wisdom, Holy Logos](#)

Retreat with Us.

Due to the Covid-19 pandemic, the Episcopal House of Prayer has cancelled or postponed all retreats through May 30. As the situation unfolds, the Executive Committee will determine a re-opening timeline based on a per-month timeline. For a full update on our response, [click here](#). By May 30, we will have made a decision about the June retreat with Shefa Gold.

Join Us.

If you are seeking spiritual transformation, we invite you to join us for weekly Contemplative Prayer (online) in Collegeville.
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

The vision of the Episcopal House of Prayer is to be a contemplative ministry of spiritual transformation, grounded in the

guidance in the search for wisdom; teach all forms of contemplative prayer; offer training in the inner work of the spiritual life.

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" (Galatians 4:19).

[Donate](#)

Connect with Us.

