



EPISCOPAL HOUSE *of* PRAYER

November 2019



Words on...Discernment

Greetings!

This week, I returned to my summertime morning ritual of drinking coffee while sitting out on the balcony. It seems the birds were glad to see me again, as I was greeted by a Pileated Woodpecker, many Chickadees, many Bluejays, and even a Pheasant! Their presence felt like a generous gift from creation. Simple, yet abundant.

Facing the oncoming flurry and scurry often associated with the holi-days, I reflect on discerning the difference between abundance and affluence. I first learned the word "affluence" in a Peace Studies class: the state of having a great deal of money; wealth. Abundance and affluence can seem similar, yet feel different. Abundance feels simple, generous, like a gift from beyond...much like my morning with the birds. Affluence seems more like how I feel when I imagine going shopping on Black Friday...complex, measured, all within my own reach.

Neither affluence nor abundance, in and of itself, is good or bad. Most of our mature spiritual teachers over the centuries and around the world tell us to prefer neither nor the other. Peace and joy are found through the practice of opening to whatever presents itself. No matter your balance of affluence and abundance, we wish you a purposeful and inspirational sense of discernment for how you will respond to the hustle and bustle of these holi-days.

In peace,
Christine Luna Munger

Community Reflection Corner

Light the Candle

by Dianne Schlicting, member of the Contemplative Body

Light the candle;

Tap the gong;

Bow to the place of prayer, and

Quiet the monkey mind.

Listen to the breathing

Outside

Inside

Deep within,

Then enter the place of stillness

And rest.

From an interior cavern

A voice whispers your name.

It is the Shepherd calling;

Listen.

Joy bubbles up

Overflows

Expands its container,

Drenches every fiber of being.

It is destroying and recreating

Life, Heaven on Earth:

Rebirth, a new day.

Go now and be Light!

Community Chant Corner

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 Bill Brand for this month's chant.

[I am in Thou](#)

From the October Newsletter [All Shall be Well](#)

From the September Newsletter [Spirit of Truth](#)

From the August Newsletter [Listen, Listen](#)

From the July Newsletter [Let Me Hear](#)

From the June Newsletter [As the Deer](#)

From the May Newsletter [Bind my Head](#)

From the March Newsletter, [Holy Wisdom, Holy Logos](#)

Coming in December...



Sacred Words Concert

with Sara Thomsen

Saturday, December 14

St. John's Parish, Collegeville

7 p.m.

Join us! Tell a friend. Bring a friend.

[Register](#)

We have just a few openings left for the [Sacred Song Short Retreat](#) with Sara from December 13-14.

Please pray for those who participated in the November retreat experience.

Thank you!

To each of you who have responded generously to our annual appeal, we offer thanks! To anyone who is still planning to give, there is still plenty of time before year-end.

Your support helps.

For all of us, please enjoy the following Haiku.

By long-time Contemplative Body member, Roy Dorn:

Money, like manure.

It is not worth anything.

Unless spread around.

It is here! Please review next year's line-up of retreat offerings...

To see the full listing, visit our [Programming & Retreats page](#).

If you are seeking spiritual transformation, we invite you to join us for weekly Contemplative Prayer in Minneapolis, St. Paul, and Collegeville. All are welcome!

[Visit our website](#)

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

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