



EPISCOPAL HOUSE *of* PRAYER

February 2020



Words on...Contemplative Dialogue

Greetings!

Spring is seemingly on its way to Collegeville; the Blue Jays and Chickadees have become the most vocal about announcing its arrival. As I listen to the chorus of tweets and songs between the Chickadees & Blue Jays, respectively, and among the two sets of birds, collectively, I feel drawn toward their conversation. Dare I say, they call me into contemplative dialogue with all of creation.

As I look toward a second year of offering reflections in our monthly newsletters, I also am drawn to the theme of dialogue, especially a contemplative reflection on dialogue. This theme has been important in my own work and seems timely in a much larger sense. Therefore, I will offer reflections and invitations this year on the practice of contemplative dialogue. Click on the title for a sneak peek at my work on the [Cycle of Contemplative Dialogue](#). Note that the Cycle of Contemplative Dialogue can be found on the right hand side of the handout, and that it is part of a larger part of my work on the Five Ordinary Movements. It will be good to continue to explore this topic together throughout 2020! Please note below two new "corners" starting with this edition of the newsletter.

In peace,
Christine Luna Munger, Director

Community Prayer Corner

This year, we began to offer "short teachings" on prayer after the weekly contemplative sit in Collegeville. These short-teaching 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 new corner 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](#)

Techniques or Methods of Prayer

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

Community Reflection Corner

On Fostering a Culture of Invitation

by Patricia Blakely, Member of the Board and Contemplative Body

We were standing in my St. Paul office when a colleague handed me a simple brochure. “Here,” she said, “I think you’d be interested in this. When I saw this retreat, I thought of you. I think you’d really like this place, too.” It was a brochure from the Episcopal House of Prayer. The retreat was coming up soon on a January weekend near a place up north I’d never heard of. I, a lifelong Lutheran, and my colleague, a lifelong Episcopalian, had talked a lot about how the culture of corporation might allow people to “bring their whole selves to work,” including their spiritual selves. I took the brochure and, a few days later, surprised myself by signing up for the retreat. On a bitterly cold January evening, I drove alone on snowy highways the 75 miles to Colledgeville. It was dark and I got lost trying to find the retreat center, and was beginning to wonder if I was out of my mind to have attempted such a thing. But eventually I got help from a St. John’s student who was walking alone on campus. He directed me to Fruit Farm Road. With relief, I spotted the wooden retreat center sign and turned in at the gravel drive. Somewhat dazed by the journey, I walked in the door, and was warmly greeted by the Director, Reverend David Keller, and St. Kate’s professor Ed Sellner, co-leaders of the retreat. They showed me my room and invited me to join a small group of people already gathered in the living room around a large stone fireplace. Warmth and flickering light from the fire. A beautiful, comfortable space. Quietly welcoming people. How could I not feel instantly at ease? That was more than 20 years ago.

The Episcopal House of Prayer became my spiritual home base. And the seedbed for all the spiritual growth that I’ve experienced since then. Many retreats and an internship year with David were solid food for my hungry soul. I’ve been deeply shaped by the teachings and the contemplative practices I found here. Amazing teachers, other retreatants I met, and the dedicated folks who founded and guided and continue to support this community have become treasured friends. The members of the Contemplative Body of the House of Prayer, my spiritual brothers and sisters, are especially dear to me. And that work colleague? She continues to be my beloved mentor and soul friend, my anam cara. Looking back, it’s clear that my colleague’s friendly invitation was a life-changer, a spiritual turning point, and I am deeply grateful to her for putting that brochure into my hands.

Who could have predicted the power of a simple invitation?

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.

[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](#)

Community Kitchen Corner

You may have heard that EHoP has returned to an in-house food preparation practice for our programmed retreats. 2020 will be a pilot year in which we explore a new model for providing yummy, sustaining food in a spirit of Benedictine Hospitality. Coming soon, we will begin to include some of our favorite recipes in this section of the newsletter. Enjoy!

Coming in ... March

The Embodied Spirit



Offered by Tom Darnall and Gary Barrett
Thursday, March 19 – Sunday, March 22
\$425 (Scholarships available) Student rate: \$200

[Register](#)

Please pray for those who have registered for our upcoming retreat:

Offering Your Voice as Healer: Nourish and Heal Yourself and the World

Offered by Myo-O Habermas-Scher
Friday, March 6 – Saturday, March 7
\$125 (Scholarships available) Student rate: \$60



click on the picture to see an interview with Myo and Christine

[Register](#)

There is still opportunity to [Register](#) for this new retreat opportunity in the city.

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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