



EPISCOPAL HOUSE *of* PRAYER

July 2019



Words on ... Prayer

Greetings Dear Ones!

This past week, EHoP hosted a small retreat for a group of young men who have made a commitment to live in intentional community through the University Episcopal Community for a year while they are studying in college. During the retreat, we engaged in conversation about the importance of treating prayer like a practice. Similar to the way that athletes "go to practice," seekers also commit to regular and disciplined habits of prayer to foster spiritual growth and transformation.

While regularity and discipline are crucial to both athletes and pray-ers, it is important not to confuse consistency with conformity. Just as life situations, conditions, and contexts shift and change, so too, do the natural rhythms of our prayer practices. I recollect when, in my own journey, the regular practice of journaling twice daily as a college student began to crumble and give way. When long, lovely prayers turned into brief bullet points, it was time for me to recognize that a change in my prayer life had announced itself. To my fortune, I was surrounded by a community of mentors who helped me to recognize the shift as a welcome vicissitude and not as an unwelcome guest. While the form changed, the consistency lingered, and in my ongoing sense that the Holy One meets us just where we actually are, I could learn to trust that the change in prayer rhythms would lead to further transformation.

When have the rhythms and forms of prayer changed throughout your journey? Who, if anyone, was there to companion you through those changing vicissitudes? What have you found to be consistent over the years and what has given way to change?

In peace,
Christine Luna Munger

Community Reflection Corner

The Welcoming Prayer

Submitted by retreatants in the July 2019 Vicissitudes Retreat

Welcome, welcome, welcome.

I welcome everything that comes to me today because I know it's for my healing.

I welcome all thoughts, feelings, emotions, persons, situations, and conditions.

I let go of my desire for power and control.

I let go of my desire for affection, esteem, approval and pleasure.

I let go of my desire for survival and security.

I let go of my desire to change any situation, condition, person or myself.

I open to the love and presence of God and God's action within. Amen.

By Father Thomas Keating

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.

This spring, I invited a few of our regular community members to offer some time to the House by recording and sharing some of their favorite chants. Bill Brand and John Mischke have since recorded a number of chants and will offer them regularly to be shared with the community.

Here, we offer the third one. Thanks to Maryjude Hoeffel, for offering your voice! Click to listen,

[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](#)

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.

Coming in September...

EMBRACING THE DIVINE WITHIN - AN INTRODUCTORY YOGA IMMERSION

Offered by Preeta Banerjee, Ph D

Friday, September 27 – Sunday, September 29 (intermediate)

\$325 (Scholarships available)

We are pleased to offer this introductory retreat from the perspective of a teacher who is rooted personally within the religious systems from which yoga comes. Please know that you are welcome to join us for this retreat regardless of your current or former affiliations with particular traditions. The retreat will offer an opportunity for authentic dialogue among members of varied traditions, including no particular tradition.

Yoga, meaning to yoke with the Divine, is vastly richer than the asana practice it is most often associated with. For those who have a desire to discover more breadth and depth to Yoga, this immersion retreat experience will introduce you to a wide span of wisdom recorded in Hinduism and practiced over 5,000 years. Practices and philosophies will be introduced and explored with deep reverence and appreciation. Together, we seek to step towards the enlightenment which is within us all.

Our time together will include presenter teaching, introductory practice sessions, and opportunities for contemplative dialogue across traditions. Join us as we recognize the ways in which deep speaks to deep through contemplative practice in all traditions.



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 black-belt Tae Kwon Do practitioner. Co-founder and partner at WhiteLeaf Advisors LLC, she previously led a team at Beloitte and was a business school professor at Brandeis and University of Illinois Urbana-Champaign. She has a PhD in Strategic Management from the Wharton School and BS in Computational Biology and Business from Carnegie Mellon.

Please pray for those who are working on renovating our entry way this month!

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" (Galatians 4:19).

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