



EPISCOPAL HOUSE *of* PRAYER

August 2019



Words on...Wisdom

Greetings!

In Colledgeville, it has been windy this week. It is easy to perceive the beginnings of the changing seasons from summer to fall in the natural world. The cool wind feels like a reasonable explanation for the leaves that have begun to fall. Yet sometimes, nature speaks to more than the human

capacity for reason.

In my personal daily practice of taking a contemplative walk, I have been attracted to a few landscapes of nature and have likened them, through imagination, to comparisons of interior landscapes. Walking alongside the amazingly clean water of Lake Sagatan, I notice the stillness of the surface of the water at the same time that I observe the dead leaves and trees below the surface. I see an occasional fish dart through the dark. I delight in the fact that the sun finds its way below the depths of the water and nourishes bright green plants that come to the surface as lily pads and flowers. I cannot help but perceive the parallels between the exterior and interior landscapes. The dead leaves and trees remind me of the childhood "baggage" that I have been invited to sort through over the years of my adult life. The darting fish confirms those lovely ah-hah moments of insight and wisdom that sometimes fleet through me during a few seconds of a twenty-minute contemplative sit. The sun finding its ways through the shadows of the depths assures me of the Grace constantly offered by the Holy One, prodding me on to persevere in the tedium of regular spiritual practice and daily life.

Beyond the landscape of the lake, I have also been attracted to depths of the forest. I notice dead trees toppled over on the ground, a long ways from their former glory high in the sky. I relish the rays of sunlight that find their way through the upper stories of branches and leaves. I delight in the constancy of

different species of birds flitting through the forest. So much life abundant! What parallels does your interior landscape make to the depths of the lakes or forests? When have you encountered the Holy One while in nature? What other landscapes have helped you to better relate to the sacred realm?

In peace,
Christine Luna Munger

Community Reflection Corner

Submitted by Diane M. Millis, Ph D, former EHoP Board Member and Retreat Facilitator

In July, an intimate group gathered for a powerful experience of retreat on the theme of Being With our Vicissitudes. In the [August, 2019 edition of Connections](#), a publication by Spiritual Directors International, retreat facilitator Diane Millis offered a published reflection on the themes of our retreat experience at the Episcopal House of Prayer. To see the article, click on the link above and "flip" through the digital newsletter to page four.

Also, do not miss it! The Episcopal House of Prayer is famous! Check out our newly designed advertisement in the same publication as Diane's article. To find the advertisement, "flip" to page seven in the link above.

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, John Mischke, Maryjude Hoeffel, and Jodie Milroy have since recorded a number of chants and will offer them regularly to be shared with the community. Thanks for sharing!

This month's featured chant: [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](#)

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)

Register

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.



Click below or on the photo of Preeta to hear a Spiritual Directors International [podcast](#), in which Preeta describes some of her current work and teaching.

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 will gather on retreat in September...

Episcopal House of Prayer to co-sponsor upcoming event in St. Paul

[Contemplation and Community: A Gathering of Fresh Voices for a Living Tradition](#)

On Friday, September 20 and Saturday, September 21 Wisdom Ways in Saint Paul, MN will host a book launch and contemplative day-retreat led by a cohort of young contemplatives. All are welcome to both events. EHoP is collaborating with Wisdom Ways to support the event and cohort of young contemplatives as they launch a new book with a collection of essays reflecting on the contemplative life. Please consider joining us or sharing about this event with others!

Starting September 9
Chi Kung, led by Gary Barrett
will return to Collegeville
Mondays from 5:30-6:30

**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).

[Donate](#)

