



EPISCOPAL HOUSE *of* PRAYER

March 2019



Words on...Wisdom

From the Director
Christine Luna Munger

Greetings Dear Ones!

Spring is here! So much change has taken place on the grounds since one month ago. At the House in late February, we hosted Matthew Wright and a full house of retreatants. Despite being closed in by a snow storm, our hearts were open and warm as we explored the Luminous Gospels through the lens of the Bridal Chamber of the Heart. During our time together, Matthew led us through a number of chants and encouraged us to create our own chants. Click [here](#) to hear my new chant, inspired by Wisdom. I invite you to create your own chants as well. Here is Matthew Wright's advice for creating chants: 1) choose a short sacred phrase and 2) set it to a monotone or simple tune. Enjoy!

In March, we hosted presenters Gary Barrett and Ward Bauman and a full group of retreatants for the 12 Steps and Meditation retreat. The value of lived experience was prominent during our time together, and Wisdom was palpably present. The beauty of Wisdom-knowing is that one does not have to be an expert on a specialized topic in order to learn from Wisdom. Wisdom is a practical kind of knowing that weaves the thoughts of our minds and the stirrings of our hearts into the patterns of our daily lived experiences.

For reflection: who is a wisdom figure in your life? What are the sources of your own wisdom?

Community Corner

Words Fail

by Kathy Wiant
EHOP Board Member

Words fail...too small.
Truth;
the quickening of the heart,
the tingle of nerves, senses sharpened.
The body knows.
Mind too full to form wonder into words.
Fingers, arms, legs, heads and backs, ears, eyes and voices know.
Art, music, dance cut tiny gaps in the curtain
we peak though.
Questions flow...
Can we think without words?
Can we be without words?
Who? What? Where? When? Why?
What are you afraid of?
What is real?
What is eternal?
Words fail.
Quiet words,
Engage heart,
Pay attention,
Breathe out...
Huh!

Awakening Hope, Cultivating Wisdom, Revealing the Sacred

Note to 2018 donors: For those of you who offered donations to the Episcopal House of Prayer in 2018, you should have received an annual thank you and tax letter in February. Please note that in some cases, the letters were mistakenly addressed to only one member of a household rather than to both donors. We are aware of this technical issue and have taken steps to resolve the source of the problem in our database. We are grateful for every donor, and expect to have this resolved soon. Thank you for your patience as we correct the system errors. If you would like to make a donation, [click here](#).

Please consider joining us in April. In order for us to provide our best hospitality, we ask you to register for the Voice, Body, and Heart/Mind retreat by Monday, April 1.



Voice, Body, and Heart/Mind:

Doors of Awakening

Rev. Myo-O Marilyn Habermas-Scher

April 12 - 13, 2019

The process of transforming our hearts is a mysterious creature; we glimpse it in the forest, fluttering in the leaves. Hearing it on the lake, it shimmers, and is gone. In this retreat we will explore the movement of the voice, rooted in kinesthetic awareness. Our time together will be spent in silent meditation, mindful movement, deep hearing, vocal warm-up and attunement. We will also chant, sing and improvise from that kinesthetically-aware base. We will share our experiences with each other, and support each others' awakening with our voices.

[Register](#)

If you are seeking spiritual transformation, we invite you to join us for weekly Contemplative Prayer practices in Minneapolis, St. Paul, and Collegeville and Embodied Spirit Chi Kung in 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).

[Donate](#)

