



EPISCOPAL HOUSE *of* PRAYER

October 2019



Words on...Wholeness

Greetings!

This week, National Public Radio (NPR) re-broadcasted a show on the topic of the invention of the light bulb. The historian who researched the show joked that "no one has had a good night's sleep since then," pointing to the effect of extended days that last into the nighttime due to artificial lighting. While I did find myself laughing at his joke (and realizing that Daylight Savings

time will change soon), I also found myself reflecting more seriously on another related effect of never-ending days and constant productivity in human life: busyness.

Busyness looks different for folks depending on their contexts: I have heard many retired folks comment on their surprise at just how busy they are, and I have heard many young mothers exasperated by their sense of eternally long days that seem to flash by in weeks and months. This month, I personally have confessed to a few folks about my own disillusion that somehow the months of September and October would be less busy, now that I work at EHoP, rather than in higher education: on the contrary, this month's schedule has been quite full! Through the lens of the spiritual life, I wonder about the relationship between busyness and fullness. How do we recognize the subtle lines between busyness for the sake of fullness, and fullness that is responsive to a hunger for wholeness? Busyness for the sake of fullness is to occupy my mind and activity as a substitute for slowing down and really seeing what needs to be seen in my internal and external landscape. Fullness, in response to a hunger for wholeness is to carry life-giving energy and attention with me even as I engage a full schedule, what some spiritual teachers call "awakeness."

Certainly, our regular prayer practices help to develop our natural capacity for "awakeness." At the same time, I encourage each of us to discern among the different activities that occupy our daily and weekly schedules--where are you finding life-giving actions and what are the life-draining actions? What practices help you to develop your capacity to show up to each part of your day with love and compassion for those you encounter?

In peace,
Christine Luna Munger

Community Reflection Corner

Offered by Judy Jueb, Member of the Contemplative Body

It was in asking for support in my meditation practice that I was first drawn to the Episcopal House of Prayer. Folks much like myself gathered, I discovered, to sit together each Wednesday in silent prayer, simply a shared consciousness of God. Over time, I discovered that this very special place offered retreats where seekers could come to explore spirituality in its many forms. I tried a few of these and found them to be deeply human and the leaders to be profound mentors to the participants. There is an ongoing community, I found, that offered additional support for persons desiring a closer relationship with the God they each envision. I joined (the Contemplative Body) and was pleased to discover how simple the common Rule was.

Over the years I have recommended the Episcopal House of Prayer to others. Always, I did so because I sensed that a person was a seeker like myself. I never could guarantee that individuals will find precisely what they seek, but I was sure that the God who seeks them is here.

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 offering this month's chant:

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 November...

Parallel Paths, Different Traditions: Ignatius' Spiritual Exercises and the Lam Rim Chen Mo

with retreat leader Susan Stabile



Click on the video image to hear an interview of Susan about the upcoming retreat.

[Register](#)

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



Join us for EHoP in the City!

Monday evenings, [EHoP in the City Short-Session Teaching Series: Mystics](#)

Monday, November 4: Evelyn Underhill presented by Christine Luna Munger

Monday, November 11: Kabir, presented by Ward Bauman

Saturdays, [EHoP in the City Day-Long Teaching Series: Christian Prayer](#)

Saturday, November 23, Engaging Scripture

[Register](#)

In November, watch for word about next year's line-up of retreat offerings...

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](#)

