



EPISCOPAL HOUSE *of* PRAYER

May 2019



Words on...Wisdom

Greetings Dear Ones!

I have often noted that in different years a certain season will speak to me in a more powerful way than the other seasons. This distinction usually has something to do with the events of my daily life, and in that sense, I have come to recognize these patterns of recognition as "Wisdom knowing." For example, during a particularly "full" period in my life, the warmth and color of summer stood out to me. In this year, in this season, I am conscious of the slow and steady tenacity of the greening power of Spring. My sense is that the Episcopal House of Prayer (and its still somewhat new Director!) are in a distinct period of transition and growth. At this time, life and activities are teeming with rich abundance and inspiring possibility.

In this month's newsletter, you may also gain a sense of some of that abundance. We are engaging in our spring appeal, sharing a new sacred song project, and offering a sneak peek of the program, Wisdom School 2019, which will kick-off our second-half of the 2019 retreat season offerings. Keep your eyes and ears on alert for the full listing of this year's programming to be announced soon in June!

In peace,
Christine Luna Munger

Community Reflection Corner

Reflection on the Spirituality of Giving

Offered by

Dick Howard, Former EHoP Board Member

"Philanthropy," from its Greek origin, literally means "love of humankind." I believe that those who give with sincerity and generosity, do so out of love for others. They give from the heart. They give what they can from where they are whether in time, energy or financial resources. They give because their interests align with the organization they are giving to in a true sense of commitment to its mission, purpose and outcomes. For organizations like the Episcopal House of Prayer, funds raised and gifts received are a ministry of our mission to awaken and enliven the spirit of those in our community. Philanthropy enriches both the heart of the giver and those who receive. Both are equally blessed.

"Fundraising is a very rich and beautiful activity. It is a confident, joyful and hope-filled expression of ministry. In ministering to each other, each from the riches that he or she possesses, we work together for the full coming of God's Kingdom."

Henri Nouwen "The Spirituality of Fundraising"

Annual Spring Appeal

Whether they come for the first time or the fiftieth time, when people who come to the Episcopal House of Prayer leave, they often comment about how special this place is and about how much they appreciate this place as part of their lives. They are grateful that this place exists and they are eager to support its thriving.

Many who love this place give faithfully of their time, money, and prayer. There are many ways to support the Episcopal House of Prayer. If you are already giving in some way, we invite you to broaden the ways in which you give. For example, if you currently offer money on a regular basis, you might consider offering time. If you offer time, you might consider if you can offer financially.

If you are new to giving, we invite you to try out one specific way of giving to the community. Money, of course, always helps, and we are immensely grateful for the generosity of our financial donors over the years. Another way to give, which falls in line with current strategic efforts to "widen the circle" of the EHoP, is to tell others about this special place.

You will note that I have included a "forward to a friend" link at the top of each monthly newsletter. Personal invitation and word of mouth are time-tested ways to assure that beloved organizations continue to thrive. If you can think of three friends or colleagues to tell about the EHoP once a month when the newsletter comes out, you would be giving a wonderful gift! Telling others about us helps us to create a culture of invitation.

In my own case, of course, I offer lots of time to this place. Given that, and the fact

that I am about to enter my sixth month with the House, beginning in June, our family will begin to offer a monthly financial contribution to the Bishop Anderson Scholarship fund because it is important to me that retreat opportunities be available and affordable to everyone, regardless of financial need.

During this month, when all of Creation is teeming with life and possibility, I invite you to consider how you are able to give to the Episcopal House of Prayer in support of our contemplative ministry. Help us out as we seek to develop a culture of giving at the Episcopal House of Prayer!

Sincerely,

Christine Luna Munger

[Donate](#)

Did you know that when you donate or register for an event online, using your checking account rather than your credit card could help us save up to \$2,000 each year?!

Community Chant Corner

In March, you may have noticed, or missed, that I included an audio recording of my first-ever chant inspired by our February retreat experience with Matthew Wright. If you missed it, click to hear it, [Holy Wisdom](#).

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, I offer the first one! Click to listen, [Bind my Head](#)

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 soon, we will also have a section on the website to house all of our beloved and favorite sacred songs.

Coming in July...

Wisdom School 2019

Places We Never Expected to Go: *Being with Vicissitudes*

**Offered by Diane Millis, Ph D, Rev. Bussho Lahn, Christine Luna Munger, Ph D
Monday, July 22 — Saturday, July 27 (intensive)
\$775 (Scholarships available)**

In this year's Wisdom School, we will draw upon wisdom teachings from Judeo-Christian and Buddhist traditions and explore practices for "being-with" rather than bypassing the vicissitudes in our lives. We will also learn small-group practices for "being with one another" during difficult times.

Paradoxically, the spiritual life may be more, rather than less difficult, imploring us to investigate the inevitable difficulties, disappointments, and disruptions in our lives. Our shared spiritual inquiry during retreat will prepare us to face suffering as a mental, emotional, and spiritual reality, thus allowing for the fullest expression of divine and human life in our daily lived experience. Somehow, in the passing away, we find full life.

Each day on retreat will consist of retreat-leader teachings, periods of sitting and walking meditation, contemplative creative art activities, and contemplative conversations in small groups. We will carry light and joyful hearts as we engage our deep work.

Rev. Bussho Lahn first came to Zen Buddhism in 1993, was ordained in 2009, and became a full priest in 2015. Bussho is a trained spiritual director, connecting with and mentoring those who wish to deepen an intentional and contemplative spiritual life. He explores the connection between spirituality and psychology. He is active in both the recovery and Christian contemplative communities, teaching and leading retreats and overseas pilgrimages through the Episcopal House of Prayer and the Aslan Institute.

Diane M. Millis, Ph D loves to help people explore their stories through spiritual direction, retreats, workshops, and the courses she teaches. Diane's recent book, *Re-Creating a Life: Learning How to Tell Our Most Life-Giving Story*, offers guidance and encouragement for mining the meaning in our most challenging life experiences. She currently teaches at United Theological Seminary of the Twin Cities.

Christine Luna Munger, Ph D currently serves as the Director of the Episcopal House of Prayer. She served as Coordinator & Professional Professor of Theology for the Spiritual Direction Certificate in the graduate department of Theology at St. Catherine University from 2012-2018. Christine has published resources for spiritual direction for Spiritual Directors International (SDI), including the Comparison of Helping Relationships chart, a brochure--What to Expect in Christian Spiritual Direction, two SDI Learns from...videos, and an article—*Five Ordinary Movements in Spiritual Direction*. Christine is a wife and mother of two young children. She is bilingual (English & Spanish) and enjoys all forms of dance and being outdoors.

Please pray for those who will gather on retreat in early June...



Humility Reconsidered

Cynthia Bourgeault

June 7 - 9, 2019

Cynthia Bourgeault, one of our core teachers in the Contemplative Wisdom tradition, will return to EHOP this summer to address *Humility Reconsidered*, a fresh look at the crucial but notoriously challenging Chapter 7 of the *Rule of Saint Benedict* from a wisdom perspective, in which humility = non-identification = interior freedom. In good Benedictine fashion the weekend will feature a balanced rhythm of silence and intentional inquiry; contemplative prayer and conscious practical work.

Also in June, watch for word about our upcoming 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](#)

