



# EPISCOPAL HOUSE *of* PRAYER

**February 2019**



## Words on Discernment

Greetings Dear Ones!

Each month, I will offer short reflections through a "Words on..." series. Based in the four core activities of our [shared mission](#), you will see Words on Discernment, Words on Wisdom, Words on Prayer, and Words on Spiritual Life. Like

the practice of *Lectio Divina*, I hope the words will provide something for your mind and heart to chew on, or savor, each month.

Many of you have asked, "how are things going with your new transition?" My reply usually acknowledges that on the surface of things, life feels very discombobulated! However, at the interior level, in the undercurrents, I continue to feel much peace and gratitude regarding the general flow of the unfolding of life. One important discernment skill is learning to sift through the movements on the surface and to distinguish them from other movements. This contrast between agitation on the surface and deep peace below is a sign of what [St. Ignatius of Loyola](#) defines as consolation--any movement toward God. Reflect upon your own life...have there been times when things were hard, yet you somehow knew it would all be okay?

Developing awareness of God's presence in the context of your daily lived experience is a skill that we celebrate and hone at the Episcopal House of Prayer. Please consider our ongoing invitation to come away for a time apart and join us in Collegeville or In the City.

## *Community Corner*

# Reflections from folks in our community...

by Patricia Blakely  
EHOP Board Member and Member of the Contemplative Body

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## Finding Our Voices as Elders

When the Contemplative Body met for our annual retreat the first weekend in January, we were so grateful that both Christine Luna Munger our new director and Ward Bauman our former director could be with us. For me, there was a sense of wholeness and healing that weekend, with both the excitement of new beginnings and a deep appreciation for our past.

Thirty of us filled the House and then some. At meals, at least six folks sat at the extra “kids table” set up in the atrium. Some people slept at the House, some at the Abbey Guest House, and some commuted from their homes in the Collegeville area.

Nelson Coffey and Sherie Bozak, leaders for the Twin Cities and Collegeville groups, respectively, designed our retreat around the theme of Finding Our Voices as Elders. Instead of a heady discussion about what eldering could or should be, we had a “heart” experience that will not soon be forgotten. Each of us came prepared to tell the group about someone who had eldered them. We were asked to do it in a truly contemplative way. Each of us had five minutes to tell our story, followed by one minute of group silence. There were no follow-up comments, questions or conversation, just each one of us, sitting by the fire, telling his or her story and the group sitting in a large circle quietly listening.

It became an evening and a morning of sacred story. In that rhythm of deep listening and reflecting, some simple themes emerged. Eldering seemed to be about being fully present, really seeing a young person, making them feel acknowledged for their unique gifts. It was rarely about giving sage advice or passing on “wisdom.” It was often about living a life that attracted a young person and inspired them to want to “be like” their elder. For one member, it was not a person, but a beloved pet, who eldered her into connecting in an unconditionally loving way.

There is a framed quotation on the wall of the atrium at the House of Prayer that reads: The glory of God is a human person fully alive. It’s from Irenaeus, the 2nd-century church father. In that beautiful circle, on that Epiphany weekend, through our stories, we “met” a host of human persons fully and gloriously alive.

**Awakening Hope, Cultivating Wisdom, Revealing the Sacred**

**[2019 Spring Retreat Calendar](#)**

(click on link above for complete listing)

**Please note** that in the printed brochure for 2019 Spring Retreats, there was a misprinted cost for *Voice, Body, and Heart/Mind: Doors of Awakening retreat with Rev. Myo-O Marilyn Habermas-Scher*.

Rather than \$425, the actual cost of the retreat is \$225. Consider joining us!

*Please offer your blessings for those who will gather next week...*



***Entering the Bridal Chamber of the Heart:  
The Luminous Gospels of  
Thomas, Mary Magdalene & Philip***

***Rev. Matthew Wright***

***February 21 - 24, 2019***

Continuing the Episcopal House of Prayer's offerings of teachings from the Christian Contemplative Wisdom tradition, this retreat will explore that tradition in depth. We will focus on the particular stream that flows through the Gospels of Thomas, Mary Magdalene, and Philip.

***Gathering soon in March...***

If you do not plan to participate in the 12 Steps retreat, please share about it with someone you know and invite them to consider attending.



***Meditation and the 12 Steps***

***Gary Barrett and Ward Bauman***

***March 22 - 24, 2019***

This retreat is designed primarily for those who have or are currently working their way through a 12-step recovery program. This would include alcohol and drug addictions. This retreat will include teachings, guided meditation, silence and breath and body work. We will also make time to hear the wisdom and insights of the participants and others.

[Register](#)

*Consider joining us in April...*



***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](#)

**Come visit the ECMN offices at 1101 West Broadway in North Minneapolis .**

**Prayer Room**

**Ask anyone at ECMN to open the room for you!**

**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).**

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