

Tend Your Awakening Heart with Us.



Awakening Hearts Cultivating Wisdom Revealing the Sacred

May 2021

Words from our Director...an Invitation to Befriend Ambiguity

Have you ever stood at the edge of a lake, looked out, and wondered where the shoreline ends and the trees begin? Have you ever been confused, for a moment, about which direction is up and which is down while looking toward the shoreline and seeing the clouds perfectly reflected on the surface of the water? Nature, in her Wisdom, often confronts us with unclarity and uncertainty. Natural moments such as these remind us that there is "more" to reality than the eye can see. Moments such as these are subtle invitations to befriend ambiguity.



There are times when it would be wise NOT to befriend ambiguity, such as when taking a math exam or obeying traffic laws. However, there are many times when accepting the invitation to befriend ambiguity means to say "yes" to maturity. This is especially true for spiritual development. Early on in our lives, it is helpful and necessary to learn how to see the contrasts of

our reality--black is not white; hot is not cold; a bear is not a bush. While the clarity of contrasts can be helpful, it can also be narrow and limiting. If we do not take off the lens of clarity at times, we might miss sight of the beauty in the moment when we cannot tell where the sunlight ends and the horizon begins; we might not perceive the Mystery of God revealing Self through the sacrament of the natural world. Simply put, we might not be transformed into the New Life that Spirit constantly pulls us toward. Especially in times such as ours, when civic and health issues are already stretching us to our perceived limits, it can be tempting to give into the assurance of clarity, even at the cost of transformation and tightly clinched fists.

As the summer months befall us, I invite you to discern simple ways to respond to the invitation to befriend ambiguity:

- before making a plan, consider at least three options (rather than one or two)
- before solidifying an opinion into a judgment, seek out at least two alternative points of view
- take a trip to a new destination or a walk on a different path than your usual one
- try asking open-ended questions rather than yes-no ones
- ask God to reveal Godself to you in ways that you haven't noticed before

Christine Luna Munger

Director, Episcopal House of Prayer, Collegeville, Minnesota, USA



Regathering Updates--Be Safe with Us.

For over a year, the doors to EHoP have been closed to rentals and programs. In March, the Executive Committee recommended that the Board vote to begin re-opening by May. Now, it is May and EHoP is slowly opening its doors to in-person gatherings. Below, see updates and timelines.

- The young men from the Benedictine Volunteer Corps moved out on May 1.
- Retreats will re-open beginning in June. Registrations for in-person, overnight retreats will open by weeks' end.
- Rentals for groups are on hold at least through August 2021.
- [Monday weekly contemplative sits](#) (Minneapolis) will resume outside in July.
- [Weekly contemplative sits](#) (Saint Paul) are open only to residents of Episcopal Homes and guests for now.
- Monday night ChiKung in Collegeville is being held outside from 5:30-6:30.
- Wednesday night weekly sits in Collegeville are still online. In May, the technology task force will begin to pilot the possibility of allowing a few in-person participants each week. More info to come!
- Please review the excellent work of our re-gathering task force for specific policies and protocols before registering or attending in-person EHoP events: [EHoP Re-gathering FAQ](#)

Pray with Us.

The Episcopal House of Prayer now hosts its weekly Wednesday night sit in Collegeville online, via zoom. Join us for all, or a part, of the session.

5-5:15 p.m.--time for tech and social connection

5:15-5:30--short, guided prayer exercise

5:30-6:30--formal sitting period

To join, [simply click here](#) or use this Meeting ID: 644 263 888

Practice with Us.

This year, we offer short exercises before our weekly sit, which are experiential introductions to contemplative prayer that are designed to help us strengthen our contemplative prayer muscles. These short-teachings engage both new and seasoned practitioners of contemplative prayer. The short session lasts fifteen minutes and includes two parts: 1) a short guided exercise (to support stilling the mind, awakening the heart, tuning into the senses, breathing intentionally, and focusing attention) followed by an opportunity for contemplative dialogue about the experience of the exercise.

As the body of these exercises grow, the text will be shared in this section of the newsletter. Though we highly recommend the live experience of the exercises, you are welcome to use these texts for your personal and communal use. For a full listing of all the teachings, visit our website and navigate to the [Prayer Teaching Library page](#).

Exercise: [Noticing the Location of your Attention](#)

Exercise: [Use of Breath to Support Spaciousness, Suppleness, Surrender](#)

Exercise: [Soft Gaze, Sleepy Mind](#)

Exercise: [Tending Sacred Space](#)

Chant with Us.

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.

If you would like to listen to the entire set of chants, visit our website and navigate to the [Chant Library page](#).

Visit with Us.

If you are seeking spiritual transformation and tending an awakening heart, we invite you to join us!

All are welcome!

[Visit our website](#)

Vision with Us.

Our **Mission** is to assist in the ongoing work of discerning God's voice, both within ourselves and in the world; provide guidance in the search for wisdom; teach all forms of contemplative prayer; offer training in the inner work of the spiritual life.

The **Vision** of the Episcopal House of Prayer is to be a contemplative ministry of spiritual transformation, grounded in the Christian tradition, in the practice of Benedictine hospitality, reaching out and welcoming all.

Support Us.

The Episcopal House of Prayer is a contemplative ministry grounded in the Christian tradition and held within a Benedictine container, with locations in Collegeville, Saint Paul, and Minneapolis, Minnesota. This ministry is dedicated to supporting individuals and groups as they seek to be "formed into Christ" (Galatians 4:19).

Donate

Connect with Us.

