

Tend Your Awakening Heart with Us.



Awakening Hearts Cultivating Wisdom Revealing the Sacred

April 2021

Words from our Director...Dynamism in Triduum



Blessed Triduum to you!

As Christians around the world celebrate Holy Week, a time in which we tend to the breadth and depth of the Paschal Mystery--the Life, Death, and Resurrection of Jesus the Christ--we are afforded apt opportunity to reflect on the fact of dynamism, not only as part of the spiritual journey, but also as a key marker of Reality itself.

Dynamism is characterized by constant, on-going movement. Dynamism progresses, refines, and stirs. A dynamic spiritual stance is one that commits to transformation and renewal. In daily life, dynamism is experienced when one acquires new skills or grows developmentally. In spiritual life, dynamism occurs

when we expand our consciousness or tune into the constant activity of the Holy Spirit.

Especially during Holy Week, and especially in this year's experience of Holy Week--after a year-long, ongoing experience of pandemic--reflecting on dynamism tunes us into our experience of and beliefs about the continuum between life and death.

Teacher Cynthia Bourgeault reflects on some of our assumptions about death as part of her reflections on Mary Magdalene. In [her book](#), she reminds us that Mary of Magdala waited with Jesus up until and even after his death. She posits the possibility that Jesus may very well have found his way back from the depths of hell in those days between his crucifixion and resurrection, precisely because someone, she, was waiting with him on the other side of death.

In my circles, it has felt like death moved closer-in during the last three to four months. I have lamented the lack of relational, life-giving language available to mourners as they try to navigate their belief, and more importantly, their lived experience of what it means to communicate now with their deceased loved one. Too many of us are left with a sense that the one who has passed is now "gone," and that we must wait until our own death before we can truly connect again.

I wonder, if Mary could reach out to Jesus in waiting after his death, can we not also assume that Jesus, and for that matter, all the members of the communion of Saints, can and do reach back across the veil toward us? If the nature of Reality is marked by a dynamic continuum of matter, energy, and spirit, why do we accept a sense that our loved one is now "gone?" Rather, in a true spirit of dynamism, why do we not expect *even more* communication and Presence from those who have crossed the veil, now unencumbered by the heavy weight of matter and flesh?

This is my Easter blessing offering to you, especially for all of us who have lost a dear one, that the thin veil between life and death during this Holy Week might afford each of us with a dynamic encounter with resurrected life, supported by the threads of love that bond us to those who have passed through death and into new life.

Christine Lena Munger

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

EHoP invites you.

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 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, or focusing attention) followed by an opportunity for contemplative dialogue about the experience of the exercise and how it relates to prayer practice.

As the body of these exercises grow, the text will be shared in this section of the newsletter. For a full listing of these exercises and last year's short-teachings, visit our website and navigate to the [Prayer Teaching Library page](#).

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

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](#).

Be 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.

