

Quiet Day 8 October 2022

THE LORD'S PRAYER

& THE TRANSFORMATION OF CONSCIOUSNESS

9:30 - 9:40 **Introduction**

9:40 - 10:40 **First Conference**

9:40 - 9:55 First session of reflections on the theme of the day

9:55 - 10:18 First session for thoughtful, conversational prayer: Restrooms, refreshments, stroll the grounds, reflect in the church. The entire campus is open to us. **Please maintain quiet. Please keep talking to a minimum and please talk quietly. Thank you!**

10:20 - 10:40 First session of Silent Prayer in the Sanctuary. (Or thoughtful meditation in the Music Center.)
[Enter silently from 10:18 to 10:20. At 10:20 we will intone the bell and begin silent prayer.]

10:40 - 11:40 **Second Conference**

10:40 - 10:55 Second session of reflections on the theme of the day

10:55 - 11:18 Second session for thoughtful, conversational prayer: Restrooms, refreshments, stroll the grounds, reflect in the church. The entire campus is open to us. **Please maintain quiet. Please keep talking to a minimum and please talk quietly. Thank you!**

11:20 - 11:40 Second session of Silent Prayer in the Sanctuary. (Or thoughtful meditation in the Music Center.)
[Enter silently from 11:18 to 11:20. At 11:20 we will intone the bell and begin praying.]

11:40 - 12:00 **Third Conference**

11:40 - 11:55 Third session of reflections on the theme of the day

11:55 - 12:18 Third session for thoughtful, conversational prayer: Restrooms, refreshments, stroll the grounds, reflect in the church. The entire campus is open to us. **Please maintain quiet. Please keep talking to a minimum and please talk quietly. Thank you!**

12:20 - 12:40 Third session of Silent Prayer in the Sanctuary. (Or thoughtful meditation in the Music Center.)
[Enter silently from 12:18 to 12:20. At 12:20 we will intone the bell and begin praying.]

12:40 - 1:00 **Eucharist. All are welcome.**

The Lord's Prayer & the Transformation of Consciousness

Today's quiet day will explore how the Lord's Prayer offers a moment by moment guide for transforming our daily consciousness into the awareness of God's presence and eternal life right here right now.

The Collect for Purity:

Almighty God, to you all hearts are open, all desires known, and from you no secrets are hid: Cleanse the thoughts of our hearts by the inspiration of your Holy Spirit, that we may perfectly love you and worthily magnify your holy Name; through Christ our Lord. Amen.

The Contemplative Dimension of the Gospel

Begin as You Are, Not as You Are Not

In the end, all spiritual practice is about being present

Matthew 6:9-13

Father

our

who dwells in the heavens;

let be hallowed/sacred your Name;

let your kingdom come;

let your will be done,
as in heaven also on earth;

our bread, the *epiousion*¹, give to us today;

and forgive us our debts,
as we also forgive those indebted to us;

and do not lead us into temptation,
but deliver/rescue us from evil.

Luke 11:2-4

Father

let be hallowed/sacred your Name

let your kingdom come

our bread, the *epiousion*, give to us each day

and forgive us our sins,
as we also forgive those indebted to us

and do not lead us into temptation

¹ “*epiousion*” = super substantial or the bread of the new era (the Kingdom of God) or the Holy Spirit