

Quiet Day 8 July 2023

THE GRACE OF PENTECOST PART II

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.]

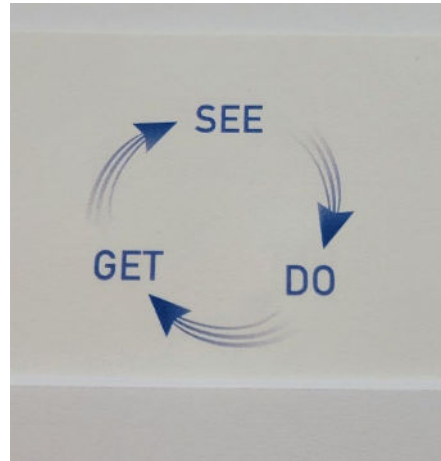
12:40 - 1:00 **Eucharist. All are welcome.**

The Grace of Pentecost

Our awakening to the Spirit within consciously connects us to the Presence of I AM. The One from Whom the cosmos emerges, is sustained by, and exists within moment by moment. Saint Paul tells us this is the energy that raised Jesus from the dead. The season of Pentecost focuses on our learning to live, move, and have our being *in* this energy, the Holy Spirit. Today's quiet day will offer reflections on how to live *in* the Spirit.

Seeing with the *Eyes of the Heart*

A *mystery* hidden from the foundation of the world was revealed to Saint Paul. He called it the mystery of the Gospel: In Christ, the All in all, all things are being re-created and united. Paul prayed the *eyes* of our hearts would be enlightened to *experience* this mystery, that our *inner being* would be made strong to *know and experience* a boundless love so powerful that it raised Christ from the dead. This was Saint Paul's way of describing a *transformation of consciousness*, not just seeing something different but a *different way of seeing*. We will explore practices that prepare us to receive and live into and out from this mystery of love that transforms how we see.



The Mystery

The *mystery* of God's will

Eph. 1:8-9 God lavished grace upon us, in all wisdom and insight, making known to us *the mystery of God's will* ... to sum up (or bring together) all things in Christ, the things in heaven and the things on earth.

The *mystery* of Christ

Eph. 3:3-4 By revelation God made known *the mystery* to me, just as I wrote to you briefly above, which, when you read you will be able to understand my insight into *the mystery of Christ*, which was not made known to other generations.

The *mystery* hidden from the ages

Eph. 3:8-9 To me, lower than the least of all the saints, this grace was given, to proclaim to the Gentiles the unfathomable riches of Christ and to enlighten all as to the administration (or plan) of *the mystery which has been hidden from the ages* in God who created all things.

The *mystery* of the Gospel

Eph. 6:19 and pray for me, that the message may be given to me when I open my mouth, with boldness to make known the *mystery of the Gospel*.

What is *the mystery*? To sum up or bring together all things in Christ, the things in heaven and the things on earth.

In Christ that which divides has been torn down

Eph. 2:14 For Christ is our peace; he made the two into one, destroying the middle wall of division, that is, the hostility (he destroyed) in his flesh, the law of commandments in decrees abolishing, in order that out of the two he might

create in himself one new humanity thus making peace and reconciling both in one body to God through the cross, putting to death the hostility in himself.

Enlightenment

The enlightenment of the eyes of your heart

1:17-23 I pray that the God of our Lord Jesus Christ, the Father of glory, may give you a spirit of wisdom and revelation in knowledge of Christ, ¹⁸ *the eyes of your heart having been enlightened and growing in enlightenment* for you to know what is the hope of God's calling, what are the riches of the glory of God's inheritance in the saints, ¹⁹ and what is the surpassing greatness of God's power toward us who believe according to the working of God's might and strength. ²⁰ Which God exercised in Christ when he raised him from the dead and seated him at God's right hand in the heavenly realms ²¹ above all rule and authority and power and dominion and every name that is named, not only in this age but also in the coming age; ²² and all things subjected under Christ's feet and gave Christ as head over all things to the church, ²³ which is Christ's body, the fullness of the one the all in all filling.

The strengthening of your inner being

3:14-19 For this reason I bow my knees before the Father, ¹⁵ *from whom every family (social grouping or tribe) in heaven and on earth derives its name.* ¹⁶ I pray that according to the riches of God's glory God may grant you to be *strengthened in your inner being with power through the Spirit,* ¹⁷ that Christ may dwell through faith in your hearts, in love you being rooted and grounded, ¹⁸ in order that you may be made strong to lay hold with all the saints what is the breadth and length and height and depth, ¹⁹ and to know the love of Christ that surpasses knowing, in order that you may be filled up into all the fullness of God.

Contemplative Vision and Practice

All spiritual practice is about being present – don't be taken out of presence

The ultimate goal is to integrate the active and contemplative dimensions of reality within us and around us

Daily life is the primary practice

Put the mind in the heart

Silence/Centering Prayer

The Lord's Prayer

The Welcoming Prayer