

# Quiet Day 14 October 2023

## GRACE UPON GRACE

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.]

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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.]

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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.**

### **Grace upon Grace**

The grace of Pentecost awakens us to the presence of the Spirit within. The process of awakening, moved by grace, continues to awaken us to our unity with everyone and all things, what many call union with God. As we are moved through the stages of grace, the relationships, circumstances, and even the minutest details of our lives become integrated with this awakening.

The practice of silence, or what some call the practice of just being, seems to be our most direct path for cooperating with the grace of awakening to the Spirit. The essential partner to just being are the words Jesus taught us to pray:

“When you pray, go into your inner room, lock the door, and pray to your father in secret. ... When you pray with words pray: Our Father who art in heaven ... .”

Today’s quiet day will explore how the silence of the inner room and the Lord’s Prayer cooperate with the grace of Pentecost on our journey into union with God.

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## Awakening

John 3:3 ... “truly, truly I say to you, unless someone is born from above, they are not able to see the kingdom of God.”

John 3:5 ... “truly, truly I say to you, unless someone is born of water and the Spirit, they are not able to enter the kingdom of God.”

John 4:21, 23-24 “Believe me, woman, the hour is coming when neither on this mountain nor in Jerusalem will you worship the Father. ... 23) But the hour is coming and is now here when the true worshippers will worship the Father in spirit and truth, for the Father seeks such as these to worship him. 24) God is spirit and the ones who worship him must worship in spirit and truth.”

John 7:37-38 On the last day of the feast (of Tabernacles), the greatest day, Jesus stood and cried out saying, “If anyone is thirsty let them come to me and drink. 38) The one who believes into me, just as the Scripture said, from their innermost being will flow rivers of living water.”

John 20:21-23 Jesus therefore said to them again, “Peace to you; just as the Father sent me, I also send you. 22) And having said this, he breathed on them and said to them, “Receive the Holy Spirit,” 23) if you forgive anyone’s sins, they are forgiven them; if you retain anyone’s sins, they retained.”

## The Process

Matthew 6:6, 9-13 “When you pray, go into your inner room, lock the door, and pray to your father in secret. ... 9) When you pray with words pray:

Our Father who dwells in the heavens,  
let your name be hallowed,  
let your kingdom come,  
let your will happen,  
as in heaven, so also on earth,  
our bread, the *epiousion*<sup>1</sup>, give us today,  
and forgive us our debts,  
as we also have forgiven our debtors,  
and bring us not into temptation,  
but rescue us from evil.”

## Thomas Keating’s stages of centering prayer:

Silence, Solitude, Solidarity., Service, Stillness, Simplicity, Surrender

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<sup>1</sup> The bread of the new age