

Quiet Day 16 December 2023

REFLECTIONS ON THE CONTEMPLATIVE LIFE

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.**

Reflections on the Contemplative Life

Today's Quiet Day will offer reflections on the contemplative life ... the unknowable ... and the integration of contemplation and action.

The Lord's Prayer

Father of us who dwells in the heavens,
let your name be hallowed [[considered holy]],
let your kingdom come,
let your will be done,
as in heaven also on earth.

Give us this day the *epiousion* (of the Spirit) bread,
And forgive us our debts,
as we ourselves have forgiven our debtors.

And lead us not into temptation,
but rescue us from evil.

Excerpts from the Gospel of John Chapter One

¹ In the beginning was the Word,
and the Word was toward God,
and the Word was God.

²This One [the Word] was in the beginning toward God.

³ All things through him came into being,
and apart from him came into being not even one [thing].
That which had come to be ⁴ in him was life,
and the life was the light of humanity.

⁵ And the light in the darkness shines [on],
and the darkness it not holds back [[overtakes, seizes, controls, overcomes]].

¹⁴ And the Word became flesh
and made his dwelling among us,
and we have seen his glory,
glory as the one and only from the father,
full of grace and truth.

¹⁶ For out of the fullness of him
we have all received
even grace upon grace.

¹⁷ For the Law through Moses was given, grace and truth through Jesus Christ came. ¹⁸ God no one has seen
ever; the one and only begotten God who exists into the bosom of the Father, that one has explained [[revealed,
disclosed]] him.

John 14:20

In that day (when the promised Holy Spirit comes), you yourselves will know that I am in my Father and
you are in me and I am in you.

Single brackets [] indicate something implied in the text

Double brackets [[]] indicate an alternate translation