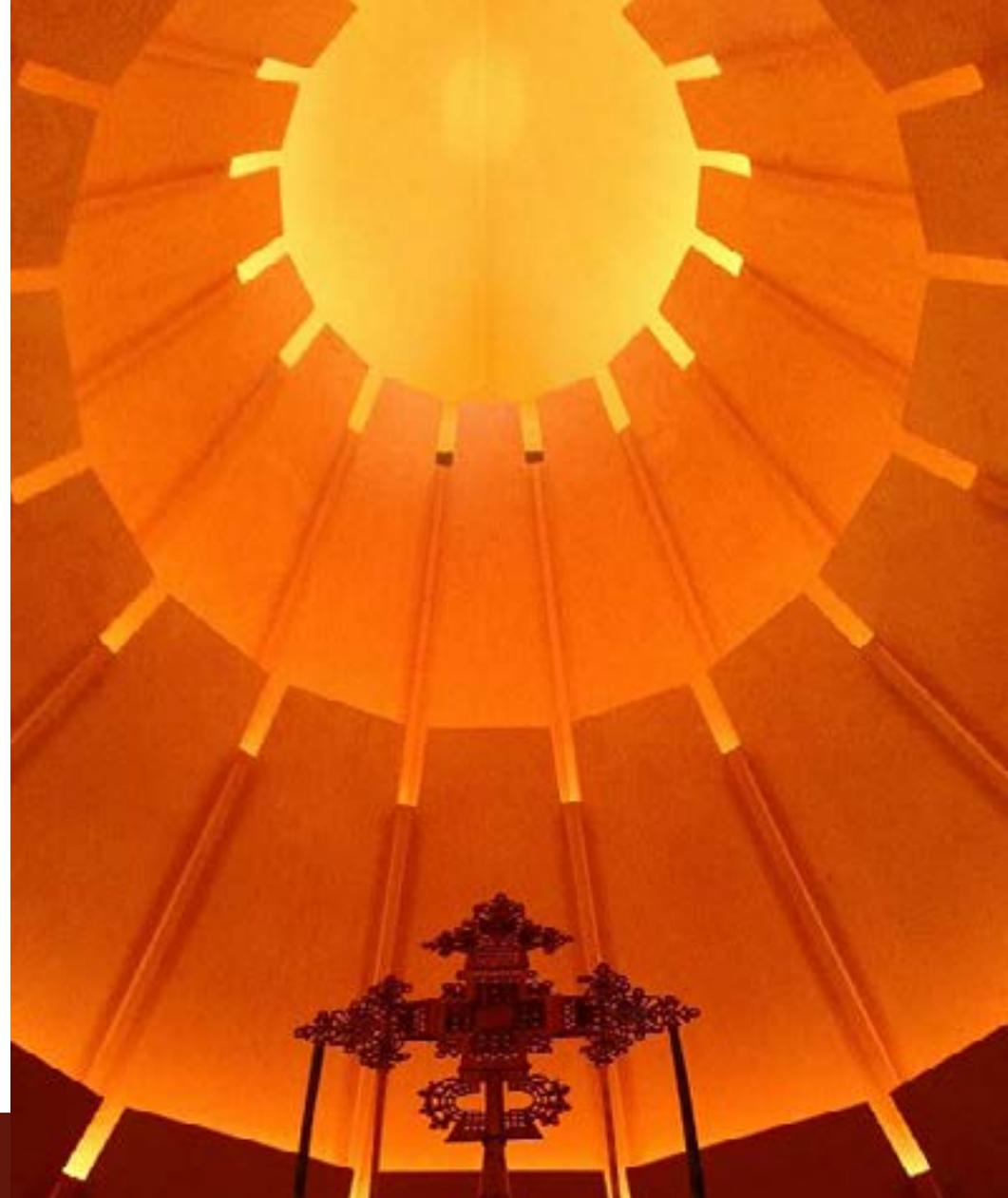


HOUSE of
PRAYER

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Collegeville
MN 56321

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HOUSE of PRAYER

January - August

2017 retreats

Awakening Hearts, Cultivating Wisdom, Revealing the Sacred

Dear seeker of wisdom,

This is a year of transformation and change at the House of Prayer. As we move into new leadership, with Ward beginning his journey into retirement and Matthew Cobb stepping forward to take the helm, the programming will also begin to shift in slight but definite ways. We will hold to our clear vision developed over the years, offering guidance and practices for those seeking transformation by acquiring “wisdom from truth.”

The first change you’ll notice this year is that rather than offering the programming in its entirety we will be phasing it in, allowing Matthew Cobb to get more deeply involved as he gets his feet on the ground. This brochure represents the first half of the year, through our summer programs. We will be putting out a second brochure, at the beginning of the summer, which will offer our fall into winter programming.

As usual we will be putting forth programs that keep the consistency of our mission, such as our core practice retreats, the Kenosis intensive and Wisdom School. This will extend the programs that folk expect from the House of Prayer with the added involvement of our new Director, Matthew Cobb. Ward will continue to be available to assist and advise as is necessary as Matthew builds upon the foundation laid down in years past. As Matthew moves in, getting involved in the community and listening to folk, offering his own expertise and experience, the programs will begin to reflect that dialogue in time.

Be sure to consider the February retreat, “Seeds of Contemplation in the Garden of the Subtle Heart,” with our new Director Matthew Cobb. This will be his initial offering to engage you in his work and teachings.

In the Spring we are again offering two retreats with leaders that have proven essential to the depths of our work: focusing upon body and energy work, Gary Barrett and Tom Darnall will lead their very successful engagement with “Embodied Spirit” and Martin Laird is returning to once again guide us into the solid grounding of silent practice.

This summer our Kenosis retreat will continue much as it has over the years, intent upon sustaining the inner work of the participants, offering teachings that support that work. Our Wisdom School in August will again bring in the highly creative efforts of Bussho Lahn and Diane Millis, building upon their past academies for discovering one’s inner authority.

The House of Prayer will continue to offer weekly programming in the Twin Cities. Follow our website for ongoing offerings and contact us with your desires and ideas as well! We welcome you to become a part of our extended family of practitioners. If you have an interest in getting still more deeply involved in the community of committed practitioners, ask for the brochure describing our Membership of the Contemplative Body of the House of Prayer.

Please check course choices:

- THE BELOVED COMMUNITY
- SEEDS OF CONTEMPLATION IN THE GARDEN OF THE SUBTLE HEART
- EMBODIED SPIRIT
- LIGHT SITTING IN LIGHT
- KENOSIS
- AUGUST WISDOM SCHOOL

To confirm your space for each event, please send a non-refundable \$100 deposit. You can register online with the choice of paying in full or paying a deposit.

Online registration with payment provides immediate confirmation. Consider registering online at <http://ehouseofprayer.org/programs>.

NAME

STREET

CITY STATE ZIP

HOME PHONE WORK PHONE

E-MAIL ADDRESS

My gift to help support the Bishop Anderson Scholarship program for House of Prayer retreats: \$ _____

Mail completed form to:

Episcopal House of Prayer
P.O. Box 5888
Collegeville, MN 56321

Cancellation: Deposits are retained. If the House of Prayer cancels a program, all fees are returned.

Rooms: All retreatants are able to have a single room for our retreats. To make the most use of the facilities, we ask that couples consider a double room. In the event that our capacity is exceeded, some retreatants will be housed at an alternative site, either the Abbey Guesthouse, Saint Benedict’s Monastery Spirituality Center, or another suitable campus site. We ask for volunteers before making assignments off-site and will always try to accommodate peoples’ preferences.

The House of Prayer is a smoke free and drug free facility.

I enclosed fees of \$ _____
for programs checked above.

I enclose a tax-deductible donation of \$ _____

Total enclosed: \$ _____

Scholarships available with demonstrable need. Please inquire by e-mail: houseprayer@csbsju.edu



HOUSE of PRAYER
P. O. Box 5888
Collegeville, MN 56321
(320) 363-3293 Office
houseprayer@csbsju.edu

ABOUT OUR PRESENTERS

GARY BARRETT has practiced classical Chinese T'ai Chi Chuan and Chi Kung for 28 years in central Minnesota. He has taught groups in St. Cloud, St. Joseph, Brainerd, and Alexandria, Minnesota, as well as worked with many private students. Additionally, he has been a primary presenter and participant at the annual T'ai Chi retreat weekend *Way In The Woods* at Deep Portage Environmental Learning Center in north-central Minnesota for the past 20 years. He brings a deep commitment to the practice of contemplative mind-body work as a way to personal spiritual transformation. Gary is a member of the Contemplative Body and lives with his wife Brenda in St. Joseph, Minnesota.

REV. DR. MATTHEW COBB becomes new director of the House of Prayer in February, 2017. He has served since 2008 as rector of St. Luke's Episcopal Church in Wamego, Kansas, and has served in a variety of capacities, from campus ministry to spiritual care and chaplaincy in hospital and long-term care settings. He holds a doctorate from the Graduate Theological Union at University of California, Berkeley; a Master of Divinity Degree in Social Theory from the Seminary of the Southwest; a Master of Arts in Ignatian Spirituality and certification in Spiritual Direction-Directed Retreats from Creighton University. Matt has recently held a post-doctoral fellowship with St. Xavier University in Mumbai, India and he has had a daily meditation practice for 25 years.

TOM DARNALL is Professor Emeritus of Theater at the College of Saint Benedict/Saint John's University. Teaching the Theater Arts in a Liberal Arts context allowed Tom to emphasize the spiritual roots of theater.

He recognized that the extensive mindful somatic training required of the actor is a journey into what it means to become fully human. Throughout his career Tom has studied with master teachers of a wide range of somatic practices, including the work of Alexander, Rolf, Feldenkrais, Linklater and others. The integration of mindful movement, breath and sound establishes the premise that the quality of being determines the quality of any action. Tom has been involved with the House of Prayer since its inception and is a founding member of the Contemplative Body.

FR. MARTIN LAIRD, OSA, has lectured and led retreats throughout the US, UK, and the Republic of Ireland. He is the author of *Into the Silent Land* and *A Sunlit Absence: Silence, Awareness, and Contemplation*. He is preparing *An Ocean of Light: Contemplation and the Ethics of Silence* (forthcoming, Oxford University Press). He is professor of Early Christian Studies at Villanova University near Philadelphia.

REV. BUSSHO LAHN is a Certified Spiritual Director and an ordained Soto Zen Buddhist priest. He is grounded in contemplative spirituality, interfaith experience, addiction recovery, and shadow integration. He is experienced in retreat and pilgrimage facilitation and public speaking on a variety of spiritual subjects. Martin is also a published poet, and his special interests include music, Zen ritual, and interfaith dialogue.

DIANE M. MILLIS, PHD is a spiritual director, educator, and author of *Deepening Engagement and Conversation – The Sacred Art*. She currently teaches in the theology department at Saint Catherine University as well as offers retreats in classrooms, congregations, and corporations throughout the United States and Canada. To learn more, visit www.dianemillis.com.

2017 PROGRAMS

NOTE: All programs begin with dinner at 6 p.m. on the first day and end with lunch on the final day. Plan to arrive between 3-6 p.m. Ask about staying an extra night or more for individual retreat time attached to one of our programs. More general information about our retreats, including travel information, is available on our website:

<http://ehouseofprayer.org/retreat-information/>

THE BELOVED COMMUNITY

Friday, January 6 - Sunday, January 8

This annual Epiphany retreat is for the Membership of the Contemplative Body. Contact the HOP office for more information on this group or visit ehouseofprayer.org/about/contemplative-body.

Cost: \$315 *Scholarship May Be Available*

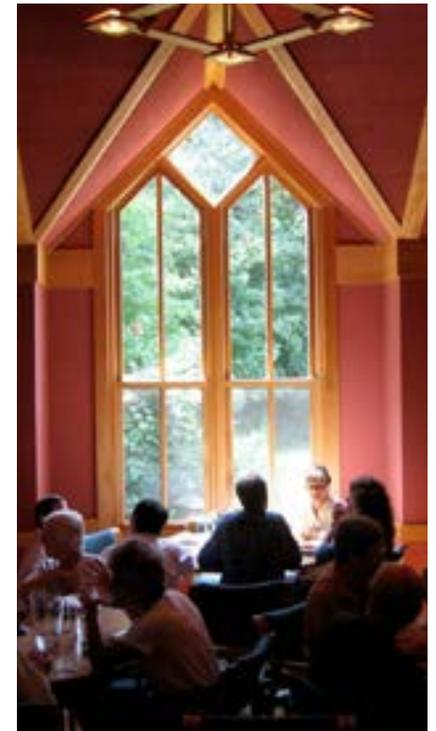
SEEDS OF CONTEMPLATION IN THE GARDEN OF THE SUBTLE HEART

Thursday, February 16 - Sunday, February 19

Led by Matthew Cobb

This retreat is an offering by our new Director, Matthew Cobb, for those who would like to be introduced into his spiritual work and teachings. He says, "I'm thinking of something that lifts up the seeds for an oblation toward the vernal equinox and the first thaw." Inviting us to see our seasons as both metaphor and teaching, Matthew will lead us into a deeper connection with the seasons of our lives.

Cost: \$425 *Scholarship May Be Available*



EMBODIED SPIRIT

Thursday, April 27 - Sunday, April 30

Led by Gary Barrett and Tom Darnall

By request we are once again offering this retreat, building on the work of last year's themes, introducing practices designed to sensitize us to the body's subtle movements and mechanics and to develop in us an awareness of the spiritual energy that is always moving and animating us. Our exploration will include the ancient practice of Chi-Kung (Qi-gong) as well as contemporary mindfulness practices which focus on integrating movement, breath and intention. The kinesthetic freeing of the restrictions and limitations that we all habitually impose on our psyche and our bodies opens us to the presence of the spirit within and without. The retreat is grounded in meditation practices and teachings on the spiritual context in which we "live and move and have our being" (Acts 17).

Cost: \$425 *Scholarship May Be Available*

LIGHT SITTING IN LIGHT

Friday, May 26 - Monday, May 29

Led by Martin Laird

In one of his most important works, *The Little Book of Clarification*, the 14th-century Flemish mystic, Jan van Ruusbroec, writes: “Just as air is in the light of the sun, and the light of the sun is in the air, so too is God constantly in the being of the soul.” Our precious time of sitting together in silence provides us the communal vulnerability to deepen our consent to the process of decluttering the mind, a decluttering that is as radical as it is freeing through the loving embrace of Silence and allows us to deepen our realization of what Ruusbroec realized in his own life. Conferences will focus on the struggles we face while the grace of silence sets about its creative business of decluttering the mind of clinging to the illusion of separation.

There will be ample times for sitting in silence together, as well as for opportunities to share both in common and privately with Martin. **Note:** Unlike our other retreats, this retreat runs Friday (6 p.m.) through Monday (1 p.m.).

Cost: \$425 *Scholarship May Be Available*



KENOSIS: THE PRAYER OF SELF-EMPTYING

Saturday, June 10 – Sunday, June 18

If you have been practicing Christian contemplative prayer and/or attended our Wisdom Schools in the past, consider joining us this year for Kenosis. This silent meditation intensive is designed for those who feel called to take further steps into the fullness of God through deeper prayer and honest reflection. Kenosis is truly an opportunity for transformation. This work is based on Jesus’ own pattern of life and practical teaching: “If anyone wants to be my disciple, they must first be willing to deny their own selves...” Central and foundational to all other Christian practices are the prayer forms that lead to self-emptying (kenosis). If you have questions, contact the House of Prayer at houseprayer@csbsju.edu, or Matthew Cobb at mcobb@csbsju.edu.

Cost: \$820 *Scholarship May Be Available*

WISDOM SCHOOL: THE ONGOING QUEST – CROSSING THE THRESHOLD TO BEING

Monday, August 14 – Saturday, August 19

Led by Bussho Lahn, Diane Millis, and Matthew Cobb

Building upon last year’s Wisdom School, we will continue to develop our inner authority or “sovereignty,” as stated in *The Gospel of Thomas*. This preeminent spiritual work is at the core of human development. This wisdom school is considered more advanced work, where the student, not the instructor, is the primary focus. Here our instructors will work as guides in order to help each participant work with his or her own inner teacher. Although this retreat expands on ideas from last year’s Wisdom School, it is a stand-alone retreat and is open to all participants.

“When you give birth to that which is within yourself, what you bring forth will save you.” (Thomas #70) All instructions will be geared to this endeavor, as we seek to discover those practices that can increase our awareness of our inner treasure. Students will leave with a stronger sense of their own inner domain and its resources.

Cost: \$770 *Scholarship May Be Available*

WEDNESDAY NIGHT CONTEMPLATIVE CHRISTIAN PRAYER

All are welcome to join us on Wednesdays from 5:30-6:30 for contemplative prayer. Free and open to the public, we sit together in the Oratory. The prayer begins with a simple chant, and we observe two 20-minute periods of silent prayer with a contemplative walk in between, concluding with a simple chant. If you are coming for the first time, we recommend you arrive ten minutes early so we can welcome you and introduce you to the practice and space.

BRING YOUR GROUP The House of Prayer is available for rental to groups of all kinds: churches, businesses, organizations, families, and friends. If you have a group of six or more, we can reserve overnight weekend space far in advance, or you can reserve space for individual retreats and smaller groups within six weeks of your arrival. There is always more flexibility during the week than on weekends. We can accommodate up to 24 people in our living/dining spaces and have 13 rooms (9 singles, 4 doubles). Sometimes overflow housing is available at the Abbey Guesthouse. We can make those arrangements for you. Catering is available through SJU or you can prepare your own food in our professional kitchen. Contact us at houseprayer@csbsju.edu for more information or to inquire about availability.



STAY CONNECTED Our monthly e-newsletter provides information on additional retreats and opportunities as well as developments at the House of Prayer during the year. To receive the e-newsletter, please send us your name, city and state, and e-mail address. Contact us at houseprayer@csbsju.edu.

HOUSE OF PRAYER IN THE CITY

We also lead weekly contemplative practice and occasional retreats in Minneapolis. HOP in the City is located at 519 Oak Grove St., at St. Mark’s Cathedral, on the lower level. All are welcome to join us on Mondays from 6:30-7:30 p.m. for silent prayer in a Christian setting. The format includes two 20-minute sits, with a walking meditation between. Any type of silent meditation or contemplative practice is welcome. For more information on HOPC programs, location and parking, visit our website: <http://thehouseofprayer.org/hopc>.