

RHYTHM S OF GRACE

"Walk with me and work with me—
watch how I do it. Learn the unforced
rhythms of grace. I won't lay anything
heavy or ill-fitting on you. Keep
company with me and you'll learn to
live freely and lightly."

- Jesus

SCHE DULE

12:10
PM

INDIVIDUAL REFLECTION

Individual reflection (offline) with the help of simple prompts included in the downloadable retreat guide.

11:30
AM

LECTIO DIVINA(

Guided silence, prayer, and Scripture reading (lectio divina).

12:50
PM

GROUP DIRECTION

Simple group spiritual direction with space for guided response and Q & A.



A SACRAMENTAL LIFE



WORLD & CHURCH



ORDINARY TIME 2021

THIS RETREAT IS...

AN INVITATION TO CEASE

The hardest part of a retreat is making the choice to stop your daily activities in order to make space to be fully attentive to receive from God. Sabbath rest is designed by God so that we would regularly STOP our harried lives and be still in God's presence in order to reflect deeply on the gift of life given to us.

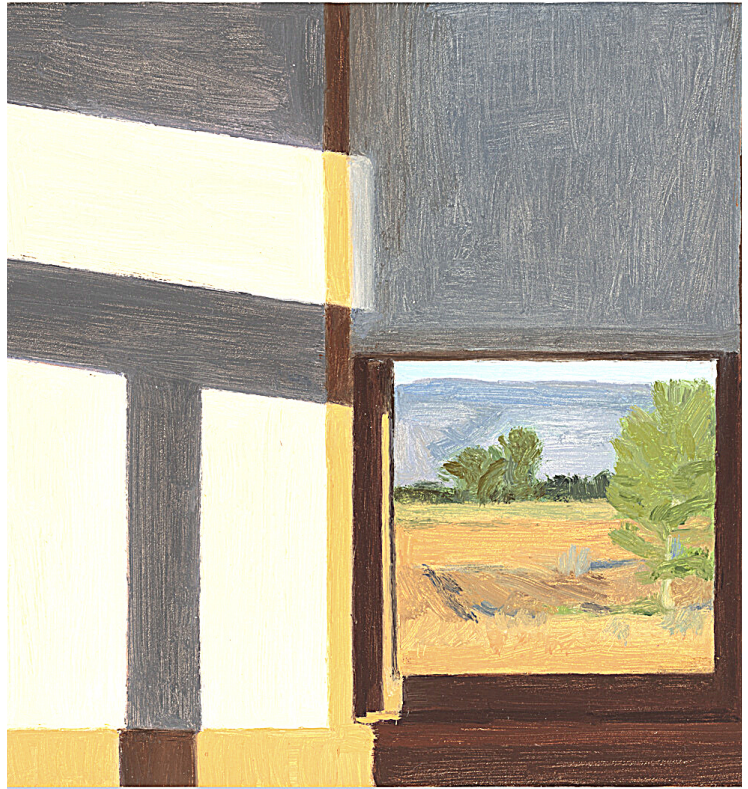
For these 2 hours, put aside the screens, technology, and any other external noise so you can tune your ears to God's direction.

AN INVITATION TO REST

Give yourself permission to rest so that your Father can refresh and renew your heart, mind, and body. When Jesus invited his followers to retreat from the world and come away with him to pray, his disciples rested deeply in his presence.

During the offline time, it's okay to take a nap - resting is an essential element of preparing to hear the voice of the One who loves you with intimate affection.

Jesus often withdrew to a quiet place and rested in his Father's presence. Like Jesus, when your soul is refreshed it's filled up with God. Come with a sense of anticipation that God will not disappoint you as you draw near. Simply enter your retreat with an open, outstretched hand of love and gratitude.



AN INVITATION TO FEAST

Retreats are not designed to be somber occasions—instead, they are delightful times to find joy in your walk with the Lord! Find ways to feast with all of your senses: enjoy a warm cup of tea with honey, light a scented candle, swing in a hammock, take a walk through your neighborhood, listen for the ambient noise that becomes more apparent when we quiet all of our devices, meditate on some of the art images here or around your home.

Thank God for the gift of feasting in the quiet.

Adapted from "Advent Soul Care Retreat Guide", Leadership Transformation Inc.

PASSING ORDINARY TIME

BY ENUMA OKORO

It is a hard art to learn,
 catching quiet
 by palms raised
 cupped in
 air shifting location
 here and there like
 trying to guess the pattern of falling
 leaves,
 and hoping to feel
 the soft descent of moments
 when silence slips
 between sounds.

This ordinary time is
 gifted with days,
 weeks of mundane grace
 routinely following the liturgy
 of hours anticipating creation
 tuning its prayer and praise to the
 rhythms of incarnate love.

I am used to the uproar,
 the Holy drama,
 the appetite's gnarled discord
 of fasting and feasting on borrowed
 time,
 the knocking of angels,
 the blubbering piety of waiting,
 appointed seasons for guilt and grief,
 tears of joy and disbelief,
 the birth of miracles, the passion of
 virgins,
 the mourning of a love so divine.

This ordinary time is
 gifted in its quiet, marked passing
 Christ slips about
 calling and baptizing,
 sending and affirming,
 pouring his Spirit like water
 into broken cisterns,
 sealing cracks and filtering our senses,
 that we may savor the foolish
 simplicity of his grace.



RECEIVING GOD'S WORD (*LECTIO DIVINA*)

WHAT IS LECTIO DIVINA?

Lectio Divina or “sacred reading” is a method of reading Scripture that’s been used by the Church for centuries and incorporates several ways of interacting with God through Scripture into one practice. For God’s Word to form and transform us rather than merely *inform* us, we need help to move Scripture from our minds into our whole person.

Lectio Divina is a way to read Scripture with mind, heart, body, and spirit. The four steps used in Lectio Divina might feel a bit cumbersome at first but will eventually become a natural way to be present to God as we read Scripture. Mary is a beautiful model for the practice of Lectio Divina as she offered her whole heart, mind, spirit, and body in response to God’s message..

WHEN IT'S HARD TO SETTLE INTO THE QUIET

As we attempt to receive the word in our heart, mind, spirit, and body it’s natural for any part of ourselves (if not every part!) to resist the quiet focus. When we begin to sense thoughts or feelings bubbling up in the quiet, it’s helpful to just notice them without trying to analyze

3 SUGGESTIONS FOR SETTLING INTO THE QUIET

Begin with your body.

Sit in a comfortable position and notice anyplace feeling tense or tight. Breathe deeply in and out at least 3 times slowly. On a particularly hard day, breathe in for 4 counts, hold your breath for 4 counts, and breathe out for 4 counts.

Direct your mind.

Prepare a phrase to respond to temptation to become distracted. Try something like: *O come, Emmanuel*

Tend to your heart.

When distraction or tension becomes anxiety, return to the breath. Let the inhale and exhale prompt a simple prayer. Breathe in as you pray the words *Let it be with me* and exhale *Just as You say*.

TRUST GOD TO BE WITH YOU

Know that whether your prayers are a joyful response like Mary’s or barely articulate, you are not alone. The church in all time and places has experienced the tension of hearing God’s message in the middle of distraction. We can trust God as our Heavenly Father to be present with us through Christ and by His Spirit.

End your time with a simple prayer or chorus. Go about your day with peace.



4 STEPS FOR LECTIO DIVINA

1 READ (*LECTIO*)

Slowly and gently reading and reread a passage of Scripture until a word or phrase draws your attention. Notice any strong emotion that comes as you consider the word or phrase.

“THEY DEVOTED THEMSELVES TO THE APOSTLES’ TEACHING AND TO FELLOWSHIP, TO THE BREAKING OF BREAD AND TO PRAYER. EVERYONE WAS FILLED WITH AWE AT THE MANY WONDERS AND SIGNS PERFORMED BY THE APOSTLES. ALL THE BELIEVERS WERE TOGETHER AND HAD EVERYTHING IN COMMON. THEY SOLD PROPERTY AND POSSESSIONS TO GIVE TO ANYONE WHO HAD NEED. EVERY DAY THEY CONTINUED TO MEET TOGETHER IN THE TEMPLE COURTS. THEY BROKE BREAD IN THEIR HOMES AND ATE TOGETHER WITH GLAD AND SINCERE HEARTS, PRAISING GOD AND ENJOYING THE FAVOR OF ALL THE PEOPLE. AND THE LORD ADDED TO THEIR NUMBER DAILY THOSE WHO WERE BEING SAVED.” (ACTS 2:42-47, NIV)

2 MEDITATE (*MEDITATIO*)

Once you have landed on a word or phrase, gently repeat it to yourself. Receive and reflect on the thoughts, hopes, images, and feelings that come to you through this word or phrase. Ask yourself: What is being offered to me through this Scripture?.

3 PRAY (*ORATIO*)

Allow your whole being to become prayer. Honestly express your deepest thoughts, feelings and desires in dialogue with God. Pray yourself empty.

“AFTER THEY PRAYED, THE PLACE WHERE THEY WERE MEETING WAS SHAKEN. AND THEY WERE ALL FILLED WITH THE HOLY SPIRIT AND SPOKE THE WORD OF GOD BOLDLY.

ALL THE BELIEVERS WERE ONE IN HEART AND MIND. NO ONE CLAIMED THAT ANY OF THEIR POSSESSIONS WAS THEIR OWN, BUT THEY SHARED EVERYTHING THEY HAD. WITH GREAT POWER THE APOSTLES CONTINUED TO TESTIFY TO THE RESURRECTION OF THE LORD JESUS. AND GOD’S GRACE WAS SO POWERFULLY AT WORK IN THEM ALL THAT THERE WERE NO NEEDY PERSONS AMONG THEM. FOR FROM TIME TO TIME THOSE WHO OWNED LAND OR HOUSES SOLD THEM, BROUGHT THE MONEY FROM THE SALES AND PUT IT AT THE APOSTLES’ FEET, AND IT WAS DISTRIBUTED TO ANYONE WHO HAD NEED.” (ACTS 4:31-35, NIV)

4 REST (*CONTEMPLATIO*)

Gently let go of all thoughts and feelings. Drop into God’s presence beneath thought, beneath emotion. Rest completely in God, grateful for what has been given. End your time with a simple chorus or prayer of thanks.

- What or phrase captures your attention?
- What thoughts or feelings arise as you contemplate the word or phrase?
- What is being offered to you through this Scripture?
- Write a prayer of response from your time meditating on this Scripture.



July Doorway, 2016, Eleanor Ray



Spring Street Doorway, 2015, Eleanor Ray

PRAYER WALK

ON EARTH AS IT IS IN HEAVEN

"Prayer walking is a way of saturating a particular place and people with prayer. This discipline draws us out of prayers that are limited to our immediate concerns and into a larger circle of God's loving attention." (Adele Calhoun)

You might choose the neighborhood surrounding your home, church, or workplace. You can walk alone or with others. In every case, remember that you are in the company of Jesus..

There are no set prayers for this discipline. You can pray whatever comes to your heart and mind as you pass various homes, parks, and places of business. You might match your breath and pace to the beautiful Aaronic blessing that begins "The Lord bless you and keep you". Another suggestion is to alternate specific biblical phrases like "Come, Lord Jesus" and "Mercy triumphs over judgment."

The Lord's prayer offers a beautiful, substantive template for a prayer walk. If nothing else, consider the phrase "may your kingdom come on earth as it is in heaven" as you walk your neighborhood. The following page provides specific prayer prompts for a 35-minute walk using each section of the Lord's prayer.

PRAYER WALK PROMPTS

5 MINS OUR FATHER WHO ART IN HEAVEN

In Jesus, you stepped out of heaven and became part of our neighborhood on earth. You did so out of love for us. May we desire to love and serve our neighbors in the same way you loved us

5 MINS HALLOWED BE THY NAME

We want your name to be known and honored in this neighborhood. There is no other name by which men can be saved (Acts 4:12). There is freedom in the name of Jesus and so we want your great name known!

5 MINS THY KINGDOM COME, THY WILL BE DONE ON EARTH AS IT IS IN HEAVEN

You are our King, worthy of our obedience and submission. Make us a people who live in light of your kingdom. May our lives shine in the darkest place of this neighborhood, as a testimony to your goodness.

5 MINS GIVE US THIS DAY OUR DAILY BREAD

You know the needs of this neighborhood. Would you provide for this neighborhood and give us eyes to see how you might use us to meet those needs?

5 MINS AND FORGIVE US OUR DEBTS, AS WE FORGIVE OUR DEBTORS

There is great depravity and brokenness both within us and in our neighborhood. Forgive us for our continued rebellion against you and any unforgiveness we hold. May the forgiveness you offer be made known, through us, in our neighborhood.

5 MINS LEAD US NOT INTO TEMPTATION, BUT DELIVER US FROM EVIL


Would you protect our neighborhood from the work of the evil one? Where there is addiction, greed, pride, lust, hate, and the like, would you crush it?

5 MINS FOR YOURS IS THE KINGDOM AND THE POWER AND THE GLORY FOREVER. AMEN.

Only by your sovereign hand can anyone know you. Help us see the way your Spirit is working. Give us courage to come alongside what he is doing. Even right now, as we walk, reveal to us how to make your kingdom, power and glory known.

Post-walk reflection

- What prayer most resonated as you walked?
- What did you notice as you prayed that you had not noticed before?
- What prayers do you feel particularly compelled to continue praying?



”
"THEREFORE THE
CHRISTIAN
COMMUNITY IS NOT A
CLOSED CIRCLE OF
PEOPLE EMBRACING
EACH OTHER, BUT A
FORWARD-MOVING
GROUP OF
COMPANIONS BOUND
TOGETHER BY THE
SAME VOICE ASKING
FOR THEIR
ATTENTION."

“

Henri Nouwen

ADDITIONAL RESOURCES

DAYBOOK MEDITATIONS MEMBERSHIP

Each Sunday during Ordinary Time, I post a weekly guide to help us look, listen, read, pray, and do simple spiritual practices for Ordinary Time. For \$5 a month, Daybook Meditations subscribers receive curated collections of Scripture readings, music, art, prayer, and simple daily practices to help us worship God, love people, and enjoy beauty.

The weekly posts during Ordinary Time make a perfect complement to the retreat series. Each post provides additional Scripture, prayer, playlists, and practices to help you continue to respond to the invitations God offers you during our three virtual gatherings.

Ordinary Time retreat guests can receive **one month of Daybook Meditations for FREE. Enter the code ORDINARYTIME2021** when you subscribe to Daybook Meditations membership here: <https://www.tamarahillmurphy.com/about-daybook-meditations>.

This offer is only for those who sign up for the retreat series and expires on October 14.

LIVING THE CHRISTIAN YEAR: TIME TO INHABIT THE STORY OF GOD BY BOBBY GROSS

I'm grateful to author Bobby Gross for providing the themes for the Ordinary Time retreat series this year. In this guide and in the weekly Daybook Meditations posts I'll be sharing readings from the excellent devotional guide, Living the Christian Year: Time to Inhabit the Story of God by Bobby Gross.

While it's not necessary to purchase the book to follow along with us, it's an excellent resource we've dog-eared so often the pages are falling out of our copy!

ARTIST ELEANOR RAY

I'm grateful for Eleanor Ray's images for our first retreat guidebook, World & Church. Here are some more places you can learn about her work.

Eleanor Ray

Nicelle Beauchene Gallery, NY

Eleanor Ray's Sacred Spaces by John Yau, 2019

WORSHIP IN THE WORLD & CHURCH

INHABITING ORDINARY TIME

A SACRAMENTAL LIFE RETREAT SERIES 2021

JULY 1 **WORSHIP IN THE WORLD & CHURCH**

Staying in world and church:
Praying & giving, embracing &
reconciling, healing &
confronting.

11:30 am - 1:30 pm (Eastern)

AUG 26 **LOVE NEIGHBOR & SELF**

Care for self and neighbor:
Hospitality, generosity, justice,
and forgiveness.

11:30 am - 1:30 pm (Eastern)

OCT 14 **ENJOY WORK & REST**

Tending to fruitful work and
refreshing rest: vocation,
stewardship, sabbath, beauty,
and thanksgiving.

11:30 am - 1:30 pm (Eastern)



SPIRAL JETTY, ELEANOR RAY



A SACRAMENTAL LIFE IN
ORDINARY TIME 2021

RHYTHMS OF GRACE RETREAT SERIES

Three contemplative retreats between July and October to help us worship God, love people, and enjoy beauty in our everyday worship, work, and rest.

	AMOUNT
A Sacramental Life Community Member	\$17.00/mo.
Early-bird Sale for non- members (ex. 6/24)	\$75.00
Non-member regular amount (after 6/24)	\$100.00

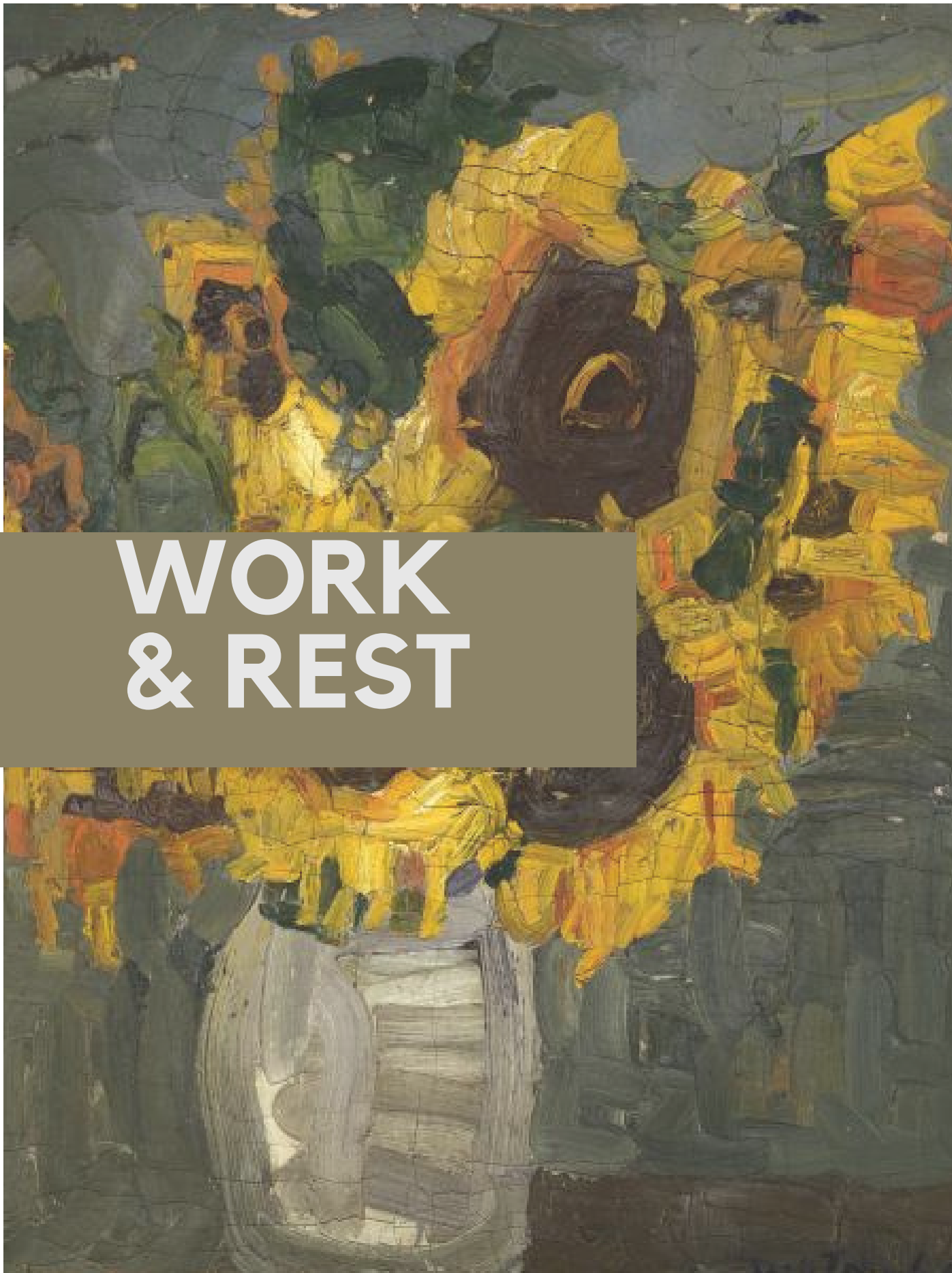
WHAT'S INCLUDED

- retreat series guidebook (pdf) with simple practices and prompts
- guidance for spiritual practices that you'll continue to cultivate as the retreat series unfolds
- instructions for making your own Neighborhood prayer walk to align your intercession with your outer landscape
- three virtual community gatherings led by a trained spiritual director and experienced facilitator
- one free month of membership to Daybook Meditations for additional Scripture, prayer, playlists and practices for Ordinary Time
- ideas to help you to continue to integrate the themes of World & Church, Neighbor & Self, and Work & Rest into your everyday life
- an invitation to a private message group on Instagram



AUG 26

NEIGHBOR & SELF



OCT 14

WORK & REST