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Pathways of Grace: Making ourselves at home. First Session information

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Welcome to Pathways of Grace: To make ourselves at home

We're looking forward to being with you this coming Thursday, the 10th at 1:00 pm Eastern; 12:00 pm Central; 11:00 am Mountain; and 10:00 am Pacific. We're expecting 50+ people from 13 or more parishes spread across the country. Also a US Navy chaplain now in Norway.

We assume the session will last around 75 minutes.

You'll receive a Zoom invitation the day before if not sooner. If you don't receive it, please contact Michelle at this email address -- michelleheyne@gmail.com **Please update your version of Zoom to the most recent by visiting [this link](#).** Doing this now will help avoid any difficulties logging in to the session.

Unfortunately, we have less flexibility with this format than in person, so we won't be able to admit participants who arrive more than 5 minutes late. **Please aim to log in a few minutes before the start time to ensure you can connect. The session will be open 15 minutes early.**

The complete description of this series is at -- <http://www.orderoftheascension.org/to-make-ourselves-at-home/>

During the session please have a piece of paper and pen or pencil available.

The Advance Reading – “Making ourselves at home: three reflections”

There is a **PDF attached** for you to read before we gather. You'll receive one before each session. It's a resource for beginning to explore the spiritual dynamics related to this program. We're asking that for at least this first session you engage the practice of spiritual reading in connection with this advanced reading. See below for more on that.

A Spiritual Practice: spiritual reading (session 1)

The spiritual practice we'd like you to engage prior to the first session is spiritual reading. Please use the attached advance reading. There are three reflections. Read one each day.

What is spiritual reading?

Spiritual reading is a practice designed to nurture a reflective spirit, “an inner core of silence.” It's a slow,

meditative reading of scripture or other writings.

Select something short. Usually between a few paragraphs and a page. For this first session we're asking you to use the advanced reading and read one of the three reflections each day. Read it slowly. You may find it helpful to read it through once and then a second time more slowly. Notice words or phrases that you respond to more than the others. Notice images or memories that come to mind. Just notice.

You may want to begin with a prayer or a minute of silence. Allow a brief silence after reading. If you stay with the practice for a few weeks you'll want to work out an approach that takes into account your temperament, gifts and circumstances.

A blog posting on the practice of [spiritual reading](#), if you're interested in more information.

We will provide material prior to each session you can use for spiritual reading. We'd like you to try spiritual reading before this first session. Then you may decide to stay with the practice if you choose.

If you choose to stay with spiritual reading, you may want to use the advanced readings we provide for the second and third sessions for that purpose. Or you may want to use another reading for your spiritual reading. In addition to the advance reading, we will also send a reading related to the saint whose day falls on the day of our session. The feast day of [Father Alexander Crummell](#) is September 10. Here are some [readings from his sermons](#) if you'd like to read one of those. Or, you may want to do your spiritual reading using a book you have at home or readings from the Bible, possibly readings from the [Daily Office](#) or the [Sunday Eucharist](#).

Alternatively, after the first session, you may decide to set spiritual reading aside and focus on the spiritual practice we are suggesting for that week (see below).

Spiritual practices

In the email we send prior to each session we will suggest a spiritual practice for you to experiment with in the days before the session. This week is spiritual reading. Before the second session we will focus on solitude. For the third session it will be Contemplation – Intercession – Action. We'll ask you to experiment with the suggested practice in the days prior to the session. As the practices are interrelated you may find yourself combining them in some manner or doing each independently at different times during a day or week.

We'll offer some guidance for entering into each practice.

PROGRAM EXPECTATIONS:

- 1) Participants need to access the session through a Zoom invitation that will be sent out at least one day prior to each session. You need to have both the video and sound active. We want to be able to see all the participants and have them see one another.
- 2) The meeting site will be open 15 minutes before we begin. Please be on time. We will close the

meeting at 5 minutes after the hour.

EACH SESSION: Each session will include -

-Prayer

-Small group sharing at least once during the session. The groups are by random assignment. You may find yourself with people you know or people from across the country. Please, share only what you want to share.

-A presentation with conversation and Q&A. If there are questions we don't get to – please email the two of us. One of us will respond

The overall tone of the program is a mix between spiritual retreat and learning workshop.

We're looking forward to being with you.

Michelle Heyne, OA & Robert A. Gallagher, OA
[Order of the Ascension](#)

2 attachments

 **Making ourselves at home - three reflections.pdf**
222K

 **Spiritual reading with Alexander Crummell.pdf**
164K