

# SUMMER SLOWING OF THE SOUL



CHURCH OF THE  
SAVIOR

*Silent Retreat*  
*August 15, 2020*

# MORNING PRAYER

## OPENING SENTENCE

ISAIAH 57:15

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Thus says the high and lofty One who inhabits eternity, whose name is Holy, "I dwell in the high and holy place and also with the one who has a contrite and humble spirit, to revive the spirit of the humble and to revive the heart of the contrite."

## THE INVITATORY AND PSALTER

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*Officiant:* Lord, open our lips.

*People:* And our mouth shall proclaim your praise.

*Officiant and People:*

Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.  
Alleluia!

*Officiant:* The mercy of the Lord is everlasting:

*People:* Come let us adore him.

Be joyful in the Lord, all you lands;  
serve the Lord with gladness  
and come before his presence with a song.

Know this: The Lord himself is God;  
he himself has made us, and we are his;  
we are his people and the sheep of his pasture.

Enter his gates with thanksgiving;  
go into his courts with praise;  
give thanks to him and call upon his Name.

For the Lord is good;  
his mercy is everlasting;  
and his faithfulness endures from age to age.

*Officiant:* The mercy of the Lord is everlasting:  
*People:* Come let us adore him.

<sup>33</sup>The LORD changed rivers into deserts,  
and water-springs into thirsty ground,

<sup>34</sup>A fruitful land into salt flats,  
because of the wickedness of those who dwell there.

<sup>35</sup>He changed deserts into pools of water  
and dry land into water-springs.

<sup>36</sup>He settled the hungry there,  
and they founded a city to dwell in.

<sup>37</sup>They sowed fields, and planted vineyards,  
and brought in a fruitful harvest.

<sup>38</sup>He blessed them, so that they increased greatly;  
he did not let their herds decrease.

<sup>39</sup>Yet when they were diminished and brought low,  
through stress of adversity and sorrow,

<sup>40</sup>(He pours contempt on princes  
and makes them wander in trackless wastes)

<sup>41</sup>He lifted up the poor out of misery  
and multiplied their families like flocks of sheep.

<sup>42</sup>The upright will see this and rejoice,  
but all wickedness will shut its mouth.

<sup>43</sup>Whoever is wise will ponder these things,  
and consider well the mercies of the LORD.

*At the end of the Psalms is sung or said*

Glory to the Father, and to the Son, and to the Holy Spirit:  
as it was in the beginning, is now, and will be for ever. Amen.  
Alleluia!

## LESSON

## 1 CORINTHIANS 1:18-31

<sup>18</sup>For the message of the cross is foolishness to those who are perishing, but to us who are being saved it is the power of God. <sup>19</sup>For it is written:

“I will destroy the wisdom of the wise;  
the intelligence of the intelligent I will frustrate.”

<sup>20</sup>Where is the wise person? Where is the teacher of the law? Where is the philosopher of this age? Has not God made foolish the wisdom of the world? <sup>21</sup>For since in the wisdom of God the world through its wisdom did not know him, God was pleased through the foolishness of what was preached to save those who believe. <sup>22</sup>Jews demand signs and Greeks look for wisdom, <sup>23</sup>but we preach Christ crucified: a stumbling block to Jews and foolishness to Gentiles, <sup>24</sup>but to those whom God has called, both Jews and Greeks, Christ the power of God and the wisdom of God. <sup>25</sup>For the foolishness of God is wiser than human wisdom, and the weakness of God is stronger than human strength.

<sup>26</sup>Brothers and sisters, think of what you were when you were called. Not many of you were wise by human standards; not many were influential; not many were of noble birth. <sup>27</sup>But God chose the foolish things of the world to shame the wise; God chose the weak things of the world to shame the strong. <sup>28</sup>God chose the lowly things of this world and the despised things—and the things that are not—to nullify the things that are, <sup>29</sup>so that no one may boast before him. <sup>30</sup>It is because of him that you are in Christ Jesus, who has become for us wisdom from God—that is, our righteousness, holiness and redemption. <sup>31</sup>Therefore, as it is written: “Let the one who boasts boast in the Lord.”

*Reader:* The Word of the Lord.

*People:* Thanks be to God

The Song of the Redeemed - Magna et mirabilia

O ruler of the universe, Lord God,  
great deeds are they that you have done,  
    surpassing human understanding.  
Your ways are ways of righteousness and truth,  
O King of all the ages.

Who can fail to do you homage, Lord,  
and sing the praises of your Name?  
    for you only are the Holy One.  
All nations will draw near and fall down before you,  
    because your just and holy works have been revealed.

*Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.*

<sup>1</sup> After Jesus had finished instructing his twelve disciples, he went on from there to teach and preach in the towns of Galilee.

<sup>2</sup> When John, who was in prison, heard about the deeds of the Messiah, he sent his disciples <sup>3</sup> to ask him, “Are you the one who is to come, or should we expect someone else?”

<sup>4</sup> Jesus replied, “Go back and report to John what you hear and see:

<sup>5</sup> The blind receive sight, the lame walk, those who have leprosy are cleansed, the deaf hear, the dead are raised, and the good news is proclaimed to the poor. <sup>6</sup> Blessed is anyone who does not stumble on account of me.”

<sup>25</sup> At that time Jesus said, “I praise you, Father, Lord of heaven and earth, because you have hidden these things from the wise and learned, and revealed them to little children. <sup>26</sup> Yes, Father, for this is what you were pleased to do.

<sup>27</sup> “All things have been committed to me by my Father. No one knows the Son except the Father, and no one knows the Father except the Son and those to whom the Son chooses to reveal him.

<sup>28</sup> “Come to me, all you who are weary and burdened, and I will give you rest. <sup>29</sup> Take my yoke upon you and learn from me, for I am gentle and humble in heart, and you will find rest for your souls. <sup>30</sup> For my yoke is easy and my burden is light.”

*Reader:* The Word of the Lord.

*People:* Thanks be to God

## THE PRAYERS

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*Officiant:* The Lord be with you.

*People:* And also with you.

*Officiant:* Let us pray.

*Officiant and People*

Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.

## THE COLLECT OF THE DAY

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Grant to us, Lord, we pray, the spirit to think and do always those things that are right, that we, who cannot exist without you, may by you be enabled to live according to your will; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. *Amen.*



## PRAYER FOR QUIET CONFIDENCE

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O God of peace, who hast taught us that in returning and rest we shall be saved, in quietness and confidence shall be our strength: By the might of your Spirit lift us, we pray, to your presence, where we may be still and know that you are God; through Jesus Christ our Lord. *Amen.*

## A PRAYER FOR MISSION

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O God, you have made of one blood all the peoples of the earth, and sent your blessed Son to preach peace to those who are far off and to those who are near: Grant that people everywhere may seek after you and find you; bring the nations into your fold; pour out your Spirit upon all flesh; and hasten the coming of your kingdom; through Jesus Christ our Lord. *Amen.*

## A PRAYER OF ST. CHRYSOSTOM

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Almighty God, you have given us grace at this time with one accord to make our common supplication to you; and you have promised through your well-beloved Son that when two or three are gathered together in his Name you will be in the midst of them: Fulfill now, O Lord, our desires and petitions as may be best for us; granting us in this world knowledge of your truth, and in the age to come life everlasting. *Amen.*

*Officiant:* Let us bless the Lord.

*People:* Thanks be to God.

The grace of our Lord Jesus Christ, and the love of God, and the fellowship of the Holy Spirit, be with us all evermore.

*Amen.*

2 Corinthians 13:14

## INTRODUCTION

These are exhausting and overwhelming days. There are more things to think about, worry about, grieve over, and decide how to navigate than any one person can manage. It may seem counter-intuitive, then, to take time away from all of that, to be silent and pray. But the example we see from Jesus' life, is that these times that are busiest and most fraught, are the most important times to get away to pray--to be still before the Lord, to fix our eyes on Jesus, to cast our cares on him who cares for us. Consider this time a gift of rest in a wearying time. Come just as you are. Jesus has already prepared this space for you.

This song by Bifrost Arts is based on Psalm 126, a prayer for renewal and rest. As you listen, allow yourself to be drawn into this special time set apart for you today.

### Psalm 126

Our mouths they were filled, filled with laughter  
Our tongues they were loosed, loosed with joy  
Restore us, O Lord  
Restore us, O Lord  
Although we are weeping  
Lord, help us keep sowing  
The seeds of Your Kingdom  
For the day You will reap them  
Your sheaves we will carry  
Lord, please do not tarry  
All those who sow weeping will go out with songs of joy  
The nations will say, "He has done great things!"  
The nations will sing songs of joy  
Restore us, O Lord  
Restore us, O Lord

## ENTERING THE SILENCE

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The next few hours have been set aside for you as a gift from the Lord, an opportunity for your soul to meet with God, a space for you to experience rest. At the beginning of today's journey, you may want to start with a simple quieting practice. Although many of us long for moments of silence and stillness, once we have the space for it, it takes some time and intentionality to enter into it. Here are some simple suggestions to begin:

- Find a place to sit where you can be alert and comfortable. Or, if moving your body helps silence your heart and mind, find a place to walk that will be mostly uninterrupted.
- Set a small, reasonable goal for time to be completely silent, refraining even from reading, writing, etc. for maybe 5-10 minutes.
- Take some deep breaths, noticing tension or anxiety in your mind and body.
- Ask God to give you a brief prayer or phrase to express your intention, desire or need for this time. It can be as simple as, "Help, Lord," or "Peace," or "Here I am."
- Allow the silence to fill your mind and body as you focus on God's nearness. Allow yourself to let go of whatever else comes to mind, perhaps using your brief prayer phrase to bring your attention back.

*O God, in the course of this busy life, give us times of refreshment and peace; and grant that we may so use our leisure to rebuild our bodies and renew our minds, that our spirits may be opened to the goodness of your creation; through Jesus Christ our Lord. Amen.*<sup>1</sup>

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Cover image: "Prayer 1", © 2012 Forte Studios, [www.wayneforte.com/picture/prayer-1/](http://www.wayneforte.com/picture/prayer-1/)

<sup>1</sup> 1979 BCP, Prayer For the Good Use of Leisure, p 825

## THE GIFT OF THE BEATITUDES

Over the next few hours, take time to meditatively consider Matthew 5:1-12, what we generally refer to as the Beatitudes. Remember that these are not commandments of how to live, but a proclamation of good news to all who have ears to hear. Whatever, or whoever is on your heart and mind today, bring those things to Jesus and this word of grace.

### LECTIO DIVINA

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As you read, the process of Lectio Divina, or Devotional Reading, may help you enter into the text more fully. Traditionally, this consists of five movements. (Note, there is no time limit to any of these stages. Stay with them as long as it's helpful.)

- *Silencio*: Quiet yourself in the presence of God.
- *Lectio*: Read the passage slowly, perhaps out loud, pausing on any words or phrases that resonate with you. Stay with those words or phrases, asking God to speak to you in them, without judgement.
- *Meditatio*: Read the passage again, listening for any invitation God may have for you in the words or phrases that you are noticing. You may consider journaling with those words, or using art materials to meditate on them. You might take a walk, and hold the words in your mind.
- *Oratio*: Read the passage a third time and talk to God about what is coming up for you in this reading. Try to be as honest as possible. The goal is not to have a particular response, but to be with God in your response and see what he has for you.
- *Contemplatio*: Sit with what has come up for you. Ask for the grace to be open to what God is inviting you towards. Wait on God, and let the good news sink into your heart and mind.

<sup>1</sup> Now when Jesus saw the crowds, he went up on a mountainside and sat down. His disciples came to him, <sup>2</sup> and he began to teach them.

He said:

<sup>3</sup> “Blessed are the poor in spirit,  
for theirs is the kingdom of heaven.

<sup>4</sup> Blessed are those who mourn,  
for they will be comforted.

<sup>5</sup> Blessed are the meek,  
for they will inherit the earth.

<sup>6</sup> Blessed are those who hunger and thirst for righteousness,  
for they will be filled.

<sup>7</sup> Blessed are the merciful,  
for they will be shown mercy.

<sup>8</sup> Blessed are the pure in heart,  
for they will see God.

<sup>9</sup> Blessed are the peacemakers,  
for they will be called children of God.

<sup>10</sup> Blessed are those who are persecuted because of righteousness,  
for theirs is the kingdom of heaven.

<sup>11</sup> “Blessed are you when people insult you, persecute you and falsely say all kinds of evil against you because of me. <sup>12</sup> Rejoice and be glad, because great is your reward in heaven, for in the same way they persecuted the prophets who were before you.”

## VISIO DIVINA

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The gift of visio divina, like lectio divina, is the space this practice provides to slow down and allow a story, image, or moment to unfold with more complexity. The beauty of a painting is that it can work on other parts of ourselves--our hearts, our souls and our minds--that we may not generally experience.

Consider using this painting as part of your meditation on the Beatitudes today. As you sit with this painting, ask God to open your heart and mind to his word of grace in this scene.



<sup>1-2</sup>When Jesus saw his ministry drawing huge crowds, he climbed a hillside. Those who were apprenticed to him, the committed, climbed with him. Arriving at a quiet place, he sat down and taught his climbing companions. This is what he said:

<sup>3</sup>“You’re blessed when you’re at the end of your rope. With less of you there is more of God and his rule.

<sup>4</sup>“You’re blessed when you feel you’ve lost what is most dear to you. Only then can you be embraced by the One most dear to you.

<sup>5</sup>“You’re blessed when you’re content with just who you are—no more, no less. That’s the moment you find yourselves proud owners of everything that can’t be bought.

<sup>6</sup>“You’re blessed when you’ve worked up a good appetite for God. He’s food and drink in the best meal you’ll ever eat.

<sup>7</sup>“You’re blessed when you care. At the moment of being ‘care-full,’ you find yourselves cared for.

<sup>8</sup>“You’re blessed when you get your inside world—your mind and heart—put right. Then you can see God in the outside world.

<sup>9</sup>“You’re blessed when you can show people how to cooperate instead of compete or fight. That’s when you discover who you really are, and your place in God’s family.

<sup>10</sup>“You’re blessed when your commitment to God provokes persecution. The persecution drives you even deeper into God’s kingdom.

<sup>11-12</sup>“Not only that—count yourselves blessed every time people put you down or throw you out or speak lies about you to discredit me. What it means is that the truth is too close for comfort and they are uncomfortable. You can be glad when that happens—give a cheer, even!—for though they don’t like it, I do! And all heaven applauds. And know that you are in good company. My prophets and witnesses have always gotten into this kind of trouble.



## MUSIC MEDITATION

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Sometimes a simple song based on Scripture helps us to meditate on its truth. You may want to use one of the following songs, based on Matthew 5, to further your reflection.

### How Blessed Are You Who Are Poor

How blessed are you who are poor  
The kingdom of God is yours.

### The Beatitudes

Truly I say to you, gather in my name. I am with you.  
Truly I say to you, gather in my name. I am with you.

Blessed are the poor in spirit, the kingdom of heaven is theirs  
Blessed are the gentle, they shall inherit the earth.

Truly I say to you, gather in my name. I am with you.

Blessed are those who mourn, they shall be absolved.  
Blessed are those who hunger and thirst for justice, the justice of  
God shall be theirs.

Truly I say to you, gather in my name. I am with you.

Blessed are the merciful, mercy shall be shown unto them.  
Blessed are the pure of heart, they shall behold their God.  
Truly I say to you, gather in my name. I am with you.

Blessed are those who bring peace, they shall be children of God.  
Blessed are those who suffer in the cause of right, the kingdom of  
heaven is theirs.

Truly I say to you, gather in my name. I am with you.  
Gather in my name. I am with you.

<sup>1</sup>One day Jesus saw a vast crowd of people gathering to hear him, so he went up the slope of a hill and sat down. With his followers and disciples spread over the hillside, <sup>2</sup>Jesus began to teach them:

<sup>3</sup>“What wealth is offered to you when you feel your spiritual poverty! For there is no charge to enter the realm of heaven’s kingdom.

<sup>4</sup>“What delight comes to you when you wait upon the Lord! For you will find what you long for.

<sup>5</sup>“What blessing comes to you when gentleness lives in you! For you will inherit the earth.

<sup>6</sup>“How enriched you are when you crave righteousness! For you will be surrounded with fruitfulness.

<sup>7</sup>“How satisfied you are when you demonstrate tender mercy! For tender mercy will be demonstrated to you.

<sup>8</sup>“What bliss you experience when your heart is pure! For then your eyes will open to see more and more of God.

<sup>9</sup>“How blessed you are when you make peace! For then you will be recognized as a true child of God.

<sup>10</sup>“How enriched you are when you bear the wounds of being persecuted for doing what is right! For that is when you experience the realm of heaven’s kingdom.

<sup>11</sup>“How ecstatic you can be when people insult and persecute you and speak all kinds of cruel lies about you because of your love for me!

<sup>12</sup>So leap for joy—since your heavenly reward is great. For you are being rejected the same way the prophets were before you.

# JOURNALING

# JOURNALING

## MIDDAY PRAYER

### OPENING SENTENCES

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O God, make speed to save us.

*O Lord, make haste to help us.*

*Glory be to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.*

### PSALM 33

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<sup>1</sup> Rejoice in the LORD, you righteous;  
it is good for the just to sing praises.

<sup>2</sup> Praise the LORD with the harp;  
play to him upon the psaltery and lyre.

<sup>3</sup> Sing for him a new song;  
sound a fanfare with all your skill upon the trumpet.

<sup>4</sup> For the word of the LORD is right,  
and all his works are sure.

<sup>5</sup> He loves righteousness and justice;  
the loving-kindness of the LORD fills the whole earth.

<sup>6</sup> By the word of the LORD were the heavens made,  
by the breath of his mouth all the heavenly hosts.

<sup>7</sup> He gathers up the waters of the ocean as in a water-skin  
and stores up the depths of the sea.

<sup>8</sup> Let all the earth fear the LORD;  
let all who dwell in the world stand in awe of him.

- <sup>9</sup> For he spoke, and it came to pass;  
he commanded, and it stood fast.
- <sup>10</sup> The LORD brings the will of the nations to naught;  
he thwarts the designs of the peoples.
- <sup>11</sup> But the LORD'S will stands fast for ever,  
and the designs of his heart from age to age.
- <sup>12</sup> Happy is the nation whose God is the LORD!  
happy the people he has chosen to be his own!
- <sup>13</sup> The LORD looks down from heaven,  
and beholds all the people in the world.
- <sup>14</sup> From where he sits enthroned he turns his gaze  
on all who dwell on the earth.
- <sup>15</sup> He fashions all the hearts of them  
and understands all their works.
- <sup>16</sup> There is no king that can be saved by a mighty army;  
a strong man is not delivered by his great strength.
- <sup>17</sup> The horse is a vain hope for deliverance;  
for all its strength it cannot save.
- <sup>18</sup> Behold, the eye of the LORD is upon those who fear him,  
on those who wait upon his love,
- <sup>19</sup> To pluck their lives from death,  
and to feed them in time of famine.
- <sup>20</sup> Our soul waits for the LORD;  
he is our help and our shield.

<sup>21</sup> Indeed, our heart rejoices in him,  
for in his holy Name we put our trust.

<sup>22</sup> Let your loving-kindness, O LORD, be upon us,  
as we have put our trust in you.

*Glory to the Father, and to the Son, and to the Holy Spirit: as it was in the beginning, is now, and will be for ever. Amen.*

*Officiant:* The love of God has been poured into our hearts through  
the Holy Spirit that has been given to us.                      Romans 5:5

*People:* Thanks be to God.

## **PRAYERS**

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*Officiant:* Lord, have mercy.

*People:* Christ, have mercy.

*Officiant:* Lord, have mercy.

*Officiant and People*

Our Father in heaven,  
hallowed be your Name,  
your kingdom come,  
your will be done,  
on earth as in heaven.  
Give us today our daily bread.  
Forgive us our sins  
as we forgive those  
who sin against us.  
Save us from the time of trial,  
and deliver us from evil.  
For the kingdom, the power,  
and the glory are yours,  
now and for ever. Amen.

Heavenly Father, send your Holy Spirit into our hearts, to direct and rule us according to your will, to comfort us in all our afflictions, to defend us from all error, and to lead us into all truth; through Jesus Christ our Lord. *Amen.*

*Officiant:* Let us bless the Lord.

*People:* Thanks be to God.

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*Music:*

"Psalm 126", [www.youtube.com/watch?v=8tluxV8pTJk](https://www.youtube.com/watch?v=8tluxV8pTJk), © Bifrost Arts

"How Blessed Are The Poor", The Paul Leddington Wright Singers, [https://www.youtube.com/watch?v=Pw9mnN\\_twWE](https://www.youtube.com/watch?v=Pw9mnN_twWE)

"The Beautitudes", Nóirín Ní Riain, <https://www.youtube.com/watch?v=2mTVGj0jVRY>, The Orchard Music (on behalf of Connoisseur Records), and 1 Music Rights Societies

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