

DEEPENING TOGETHER

A 7-WEEK RETREAT of
SPIRITUAL PRACTICES that TRANSFORM US



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Beauty
Speaks
God's
Name
To
Any
Who
Are
Listening
With
Their
Heart--

klw

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WELCOME !

- ~ Have you ever begun a spiritual discipline, but soon dropped it?
- ~ Are you interested in Meditation, but don't know where to begin?
- ~ Have the demands of your life kept you from participating in a focused time of retreat?
- ~ Do you ever wish for a companion to walk with you for a while on your spiritual path?
- ~ Do you feel drawn or ready to participate in an intensive commitment of spiritual practice?

Beginning Wednesday, February 14th, you are invited to a Video Lenten Retreat available live on Facebook, ***Each weekday morning*** Dr. Weller will provide spiritual inspiration, offer a simple ritual, give possible direction for our thinking and praying and lead the gathered FB community in a 20 minute sitting of silent meditation. ***Then each weekday evening***, Dr. Weller will invite you to

Compline...the closing prayer time of the Divine Office. This ancient nighttime responsive prayer will conclude with a 15-minute sitting of silent meditation. To make it easy to remember, we will gather with one another Monday through Friday at 7:30 a.m. and 7:30 p.m. These are not repeated offerings, but each will be a fresh time of spiritual practice twice a day, 5 days a week, from Ash Wednesday through Good Friday. Each week will have its own theme based on classical disciplines and practices that have worn the test of time. Benedict's *Divine Office*, Ignatius' *Prayer of Examen*, the *Stillness* of the Desert Fathers and Mothers, *Meditation* as taught by John Main, *Wisdom of Mystics* like Theresa of Avila and Julien of Norwich, and some contemporary spiritual masters and poets peppered in along the way will take us through the season. You can find brief cues to our course on the following pages.

The Fine Print:

Who is this “LIVE” series for? This series has been designed especially for those who are interested in spiritual deepening – and do not want to walk their spiritual path alone.

What can I expect? You can expect to be surprised. You can expect to be challenged. You can expect to want to quit. You can expect you won't want to quit. You can expect to understand the phrase “spiritual discipline” more fully. You can expect to encounter Mystery and the Divine.”

What kind of commitment am I making? You will be committing yourself to a twice daily encounter in spiritual deepening. At 7:30 a.m. and again at 7:30 p.m. Monday through Friday, we will gather electronically as we make our way through the season of Lent. **We begin at 7:30 p.m. on Wednesday—February 14th and at 7:30 p.m. on Good Friday—March 30th—we conclude.**

How do I check in? During the 30 minutes of the video feed, each morning and evening, please check-in by using the *Like* feature on Facebook. But let's be honest your commitment is not a matter of checking-in electronically with the group, or with the moderator. Your commitment is to One alone.

Are you seriously asking me to participate 5 hours a week? The simple answer is Yes. Repetition is the basis of forming a habit. Participating with us these days of Lent, you will be well on your way to deepening your relationship with God, with your authentic self, and increasing the likelihood that this depth of relationship will lead to transformation.

Practice, Practice, Practice.

What if I miss a live video? Within 48 hours, you can find it on YouTube through a link on the Pine Shores website: www.pineshorespres.org

HOW CAN I PARTICIPATE?

So glad you asked!

You have already begun the journey by downloading and printing this Guide to the Course.

- ❖ You must have an internet connection. The Live video feed will be distributed on Facebook.
- ❖ This Video course will be shared on the Facebook page: **Peace River Spirituality Center**.
When you “LIKE” the page you should automatically receive the video on your timeline.
- ❖ The course will also be available from a link on the Pine Shores Presbyterian Church webpage 48 hours after each of the “live” retreat times is completed.
- ❖ While there is plenty of ‘white space’ in this Guide... you may want to keep pen and paper or a journal handy to record your insights or experiences.
- ❖ You will want to assure yourself of an undistracted and uninterrupted time for each video. Walk the dog, close the door, and turn off the phone before you begin. ;-)
- ❖ Let us acknowledge that praying while directed toward our computer feels a little awkward. It is what it is. I hope naming it will help us all get past it.

OUTLINE OF THE COURSE

DATES..... andTIMES

REMEMBERING:

FEB 14 th INTRODUCTION	7:30 p.m.	We came from Clay
FEB 15 th	7:30 a.m. and 7:30 p.m.	We came from Clay
FEB 16 th	7:30 a.m. and 7:30 p.m.	We came from Clay
FEB 19 th - FEB 23 rd	7:30 a.m. and 7:30 p.m.	To Relish the Good
FEB 26 th - MAR 2 nd	7:30 a.m. and 7:30 p.m.	To Request the Spirit
MAR 5 th - MAR 9 th	7:30 a.m. and 7:30 p.m.	To Review My Day's Activity
MAR 12 th - MAR 16 th	7:30 a.m. and 7:30 p.m.	To Review My Day's Attitudes
MAR 19 th - MAR 23 rd	7:30 a.m. and 7:30 p.m.	To Review My Day's Conversations
MAR 26 th - MAR 28 th	7:30 a.m. and 7:30 p.m.	To Turn from that which Does Not Give Life
MAR 29 th - MAR 30 th	7:30 a.m. and 7:30 p.m.	To Set Resolutions for the Future

THE DIVINE OFFICE A SERVICE OF COMPLINE

+ O God, come to my assistance.

++O Lord, make haste to help me.

++Praise the Father, the Son, and Holy Spirit, both now and forever; The God who is, who was, and is to come... at the end of the ages.

HYMN

Before the ending of the day,
Creator of the world we pray
That with Thy gracious favor, Thou
Wouldst be our Guard and Keeper
now.

From fears and terrors of the night
Defend us Lord, by Thy great might.
And when we close our eyes to sleep,
Let hearts with Christ their vigil keep.

O Father this we ask be done,
Through Jesus Christ, Thine only Son,
Who with the Paraclete and Thee
Now lives and reigns eternally.

PSALM+

+ When I call, answer me O God of justice; + From anguish You released me, have mercy and hear me.

++ O People, how long will your hearts be closed, ++ Will you love what is futile and seek what is false?

+ It is the Lord who grants favors to those who He loves; ++ The Lord hears me whenever I call Him.

++ Fear God, do not sin: ponder on your bed and be still. ++Make justice your sacrifice and trust in the Lord.

+ “What can bring us happiness?” many say. Lift up the light of Your face on us, O Lord.

++ You have put into my heart a greater joy ++ Than they have from abundance of corn and new wine.

+ I will lie down in peace and sleep comes at once+ For You alone, Lord, make me dwell in safety.

††

++ Praise the Father, the Son and Holy Spirit, both now and forever. The God who is, who was, and is to come at the end of the ages.

PSALM 90

+ The One who dwells in the shelter of the Most High, + And abides in the shade of the Almighty

++ Says to the Lord: “My refuge, ++ My stronghold, my God in whom I trust.”

+ It is He who will free you from the snare of the fowler + Who seeks to destroy you:

++ He will conceal you with His pinions, ++ And under His wing you will find refuge.

+ You will not fear the terror of the night + Nor the arrow that flies by day.

++ Nor the plague that prowls in the darkness ++ Nor the scourge that lays waste at noon.

+ A thousand may fall at your side,
+ Ten thousand fall at your right.

++ You it will never approach;
++ His faithfulness is buckler and shield.

+ Your eyes have only to look
+ To see how the wicked are repaid.

++ You who have said: "Lord my refuge: ++ And have made the Most High your dwelling.

+ Upon you no evil shall fall, + No plague approach where you dwell.

++For you has He commanded His angels ++To keep you in all your ways.

+ They shall bear you upon their hands + Lest you strike your foot against a stone.

++ On the lion and the viper you will tread ++ And trample the young lion and the dragon.

+ Since He clings to me in love, I will free him; + Protect him for he knows My Name.

++ When He calls I shall answer: "I am with you." ++ I will save him in distress and give him glory.

+ With length of life I will content him; + I shall let him see my saving power.

††

Praise the Father, the Son and Holy Spirit, both now and forever. The God who is, who was, and is to come at the end of the ages.

A SHORT SCRIPTURE READING

SILENT MEDITATION 15 minutes

RESPONSE

+Guard us, O Lord as the apple of your eye.

++ Hide us in the shadow of your wings.

+ Lord, save us! Save us while we are awake,

++ protect us while we are asleep,
++ That we may keep our watch with Christ, and when we sleep, rest in His peace.

††

+ Lord have mercy
++ Christ have mercy
++ Lord have mercy

+ May the all powerful Lord grant us a restful night and a peaceful sleep.

++Amen.



Thank You for joining me on this journey towards Easter. I am happy to have your company and hope that this time will continue to blossom in you for a long, long, time.

In peace and joy, Kathleen