

Contemplative . . .

“Writing of contemplation, with its sometimes strange terminology [the ‘dark nights,’ the aridity of the senses, abandonment, mystical graces, etc.] carries the risk that it may seem unrelated to ordinary life and ordinary people. But God is ordinary! He has entered our humanity, and he is to be found there, as incarnation reveals, and we and every created thing exist in Him,” writes Elizabeth Barrett Browning. She further says:

*Earth’s crammed with heaven,
And every common bush afire with God;
And only he who SEES takes off his shoes;
The rest sit round it and pluck blackberries.*

“The immanent God may be discovered,
but the transcendent God must reveal himself”
[and we must have eyes to see].

Too Deep for Words

~ Thelma Hall, r.c.

Our role is to introduce doorways, “ways of seeing,” that increases our capacity to see The Holy with the eyes of our heart. Through sacred space and sanctified (set apart) time, may we encounter the Spirit of the Living God falling afresh on us, removing the scales from our eyes that allows a clearer true vision.

As students and fellow travelers of The Way,
what we offer you, we offer as much to
ourselves, if not more.
We hope you will join us!

Every blessing,
Ann Starrette,
Office of Spiritual Formation & Direction

DOORWAYS TO CHRISTIAN CONTEMPLATION

Learning to See with the Eyes of our Heart



*Be still and know that I am God
right here, right now. See Me
in the scripture of your life.*

CONTEMPLATIVE VISION

Learning to See with the Eyes of our Heart

using ancient practices to see Christ, self and neighbor anew

This eight-session series is designed for those who seek to be rooted and grounded in God in the ordinariness of daily life, and long to see Christ, self and neighbor anew—but are unsure of how to go about it. We begin with an opening Saturday session at Starrette Farm Retreat to explore our individual spiritual journeys, followed by six-weekly Tuesday evening sessions in the sacred sanctuary space of Davidson United Methodist Church, with a concluding Saturday session at Starrette Farm Retreat to pull it all together.

There are many descriptions

of contemplation, contemplative prayer and contemplative living.

We'll explore what some of the great mystics and spiritual writers call "Doorways to Christian Contemplation." We'll pray in ways similar to their ways to experience contemplative vision — seeing with the eyes of our heart. We will use scripture, sound, silence, experience icons as a doorway to the Holy, and listen to the wisdom of our bodies using the ancient prayer practice of *Examen*, healing prayer, and more.

Schedule

The series will have six evening sessions bookended with two special Saturday "Day Apart" Retreats.

Saturday, September 18**, 10:00 am to 3:00 pm

Six Tuesdays, September 21 - October 26, 7:00 to 8:30 pm

Saturday, October 30, 10:00 am to 3:00 pm

**It is essential to attend the first gathering
as it sets the stage for all other sessions.
Presence at all sessions is integral to the series.

Opening Saturday Session

The opening Saturday session grounds and sets the stage for the entire series
as we explore our individual spiritual journeys.

A closing Saturday session pulls it all together with a
contemplative *Spiritual Healing Service*. Both sessions will
include times of community, solitude, journaling, and sharing.

Lunch and materials are provided.

Rhythm of Evening Sessions

Gather in a Circle in Silence with Music
Introduction to the Contemplative Vision Practice
Experience the Practice / Journaling and Sharing
Closing Ritual - Depart

Locations

Saturday sessions are at Starrette Farm Retreat in Statesville.

Tuesday evening sessions are in the beautiful
sacred sanctuary space of the
Davidson United Methodist Church.

Directions follow your registration.

Register here by September 10

<https://dumcstudents.breezechms.com/form/5e20b6>

Facilitated by Tom Peckham, Mary Taylor,
Rev. Ashley Thomas, and others.
Limited to 24 people.

For more information, contact Ann Starrette at
AStarrette@DavidsonUMC.org
704-488-5825

There is no cost except the engagement of your presence. If you would like to give a *free will offering* to help defray expenses of the food & facility, you may bring that to our first Saturday retreat (or anytime!). It is appreciated.