



# COMMUNITY OF RECONCILIATION

SERVICE OF BLESSING AND INTENTION

SATURDAY, NOVEMBER 14, 2009

SIX THIRTY IN THE EVENING

GREAT CHOIR

WASHINGTON NATIONAL CATHEDRAL

*Each of us has a choice about our journey in the world.  
This evening is a time of blessing and of setting intention.*

*Tonight, we encourage and bless all who are on the path of balance and reconciliation.  
We bless the intentions and discoveries of those who have journeyed together as Companion Candidates over this inaugural year. We bless those compelled to cross the threshold of investiture as Companion. And we bless our networks of support and community—family, friends, and colleagues—for it is in these relationships that radical balance in life and reconciliation is made known in the world.  
Wherever you are on the journey, you are welcome here this night.*

## GATHERING

*Music calls everyone to gather quietly for a service of blessing.*

### SELECTIONS FOR HARP AND VOICE

*O virtus Sapientie* – Hildegard von Bingen (1098-1179)  
*O victoriosissimi* – Hildegard von Bingen  
*Ar ne kuth* – English, thirteenth century  
*Rotrouenge* – English, twelfth century

### SING, GLORIA

*A voice introduces the refrain. All sing through twice.*

*A brief period of silence is observed.*

### INVITATION

*All make the responses printed in GREEN type.*

Come to us this night, O God,  
COME TO US WITH LIGHT.

Speak to us this night, O God,  
SPEAK TO US YOUR TRUTH.

Dwell with us this night, O God,  
DWELL WITH US IN LOVE.

Blessed are you, Lord God, creator of day and night: to you be praise and glory for ever. As darkness falls you renew your promise to reveal among us the light of your presence. By the light of Christ, your living Word, dispel the darkness of our hearts that we may walk as people of light.

Blessed be the one, holy and living God.

**BLESSED BE GOD FOR EVER.**

To the one who is greater than we can ask or imagine, let us pray with one another as we welcome the presence and activity of God within us and among us this night.

## WORD

### PSALM 139:1–17

*All speak the verses printed in GREEN type.*

Lord, you have searched me out and known me;  
you know my sitting down and my rising up; you discern my thoughts from afar.

**YOU TRACE MY JOURNEYS AND MY RESTING-PLACES  
AND ARE ACQUAINTED WITH ALL MY WAYS.**

Indeed, there is not a word on my lips,  
but you, O Lord, know it altogether.

**YOU PRESS UPON ME BEHIND AND BEFORE  
AND LAY YOUR HAND UPON ME.**

Such knowledge is too wonderful for me;  
it is so high that I cannot attain to it.

**WHERE CAN I GO THEN FROM YOUR SPIRIT?  
WHERE CAN I FLEE FROM YOUR PRESENCE?**

If I climb up to heaven, you are there;  
if I make the grave my bed, you are there also.

**IF I TAKE THE WINGS OF THE MORNING  
AND DWELL IN THE UTTERMOST PARTS OF THE SEA,**

Even there your hand will lead me  
and your right hand hold me fast.

**IF I SAY, "SURELY THE DARKNESS WILL COVER ME,  
AND THE LIGHT AROUND ME TURN TO NIGHT,"**

Darkness is not dark to you; the night is as bright as the day;  
darkness and light to you are both alike.

FOR YOU YOURSELF CREATED MY INMOST PARTS;  
YOU KNIT ME TOGETHER IN MY MOTHER'S WOMB.

I will thank you because I am marvelously made;  
your works are wonderful, and I know it well.

MY BODY WAS NOT HIDDEN FROM YOU,  
WHILE I WAS BEING MADE IN SECRET  
AND WOVEN IN THE DEPTHS OF THE EARTH.

Your eyes beheld my limbs, yet unfinished in the womb;  
all of them were written in your book;  
they were fashioned day by day, when as yet there was none of them.

HOW DEEP I FIND YOUR THOUGHTS, O GOD!  
HOW GREAT IS THE SUM OF THEM!

If I were to count them, they would be more in number than the sand;  
to count them all, my life span would need to be like yours.

GLORY TO THE ONE, HOLY, AND LIVING GOD.  
GLORY TO GOD FOR EVER AND EVER.

SING, GLORIA

*All sing the refrain.*

FROM THE WRITINGS OF JOAN CHITTISTER

The Benedictine worldview says be gentle with yourself, be gentle with the other, be gentle with the earth. Give to others whatever they need. Care for the stranger with the best you have. Listen to one another. Be kind of speech to one another. Take care of the guest and the sick and the children and the traveler and everyone in the community whoever they are, rich or poor, young or old, titled or not. Handle everything with reverence. And work for the good of all.

*A brief period of silence is observed.*

## A SONG OF PILGRIMAGE

BEFORE I VENTURED FORTH, EVEN WHILE I WAS VERY YOUNG,  
I SOUGHT WISDOM OPENLY IN MY PRAYER.

IN THE FORECOURTS OF THE TEMPLE I ASKED FOR HER,  
AND I WILL SEEK HER TO THE END.

FROM FIRST BLOSSOM TO EARLY FRUIT,  
SHE HAS BEEN THE DELIGHT OF MY HEART.

MY FOOT HAS KEPT FIRMLY TO THE TRUE PATH,  
DILIGENTLY FROM MY YOUTH HAVE I PURSUED HER.

I INCLINED MY EAR A LITTLE AND RECEIVED HER;  
I FOUND FOR MYSELF MUCH WISDOM AND BECAME ADEPT IN HER.

TO THE ONE WHO GIVES ME WISDOM WILL I GIVE GLORY,  
FOR I HAVE RESOLVED TO LIVE ACCORDING TO HER WAY.

FROM THE BEGINNING I GAINED COURAGE FROM HER,  
THEREFORE I WILL NOT BE FORSAKEN.

IN MY INMOST BEING I HAVE BEEN STIRRED TO SEEK HER,  
THEREFORE HAVE I GAINED A GOOD POSSESSION.

AS MY REWARD THE ALMIGHTY HAS GIVEN ME THE GIFT OF LANGUAGE,  
AND WITH IT WILL I OFFER PRAISE TO GOD.

*Ecclesiasticus 51:13-16, 20b-22*

SING, GLORIA

*All sing the refrain.*

FROM THE HOLY GOSPEL OF MATTHEW

Jesus said, "You are the salt of the earth; but if salt has lost its taste, how can its saltiness be restored? It is no longer good for anything, but is thrown out and trampled under foot. You are the light of the world. A city built on a hill cannot be hid. No one after lighting a lamp puts it under the bushel basket, but on the lampstand, and it gives light to all in the house. In the same way, let your light shine before others, so that they may see your good works and give glory to your Father in heaven."

*Matthew 5:13-16*

*A brief period of silence is observed.*

## REFLECTION

## INTERLUDE

*O virga ac diadema* – Hildegard von Bingen

## PRAYERS OF BLESSING AND INTENTION

This night, we gather to acknowledge and bless all who participate in God's rhythms of balance and reconciliation, here and throughout our spiraling world.

This night, we gather to acknowledge and bless these who embrace the ancient yet evergreen way of balance and reconciliation.

This night, we gather to acknowledge and bless you—family, friend, and co-laborer—that you may joyfully receive the transformation born of their lives and intention.

*All read the passages in GREEN.*

This night we meet no stranger. Ours is a journey shared. We have come to bless all makers of harmony and accord.

**THE WORLD IS OURS TO BLESS.**

Bless you, who foster harmony. Bless you, makers of peace. Wherever you labor, wake with joy and serenely sleep. Learn from silence, work with a kind heart, speak from love. You will save the world.



This night we give intention our voice.

We will not hide, we will not flicker, we will not grow weary. Our labor flames the world incandescent and joins the one great Light.

We are discovering the way, together. We choose the way of discovery.

**WE BLESS YOU IN YOUR DISCOVERY.**

We choose this way, together. We will share this journey. We will honor divine wisdom. We will consent to transformation of ourselves and the world around us.

We will listen for the divine conversation; we will waken to the wisdom of the ancients; we will refresh our mind, our body, and our spirit; we will discern the way of right endeavor; and we will embrace stranger and surprise among us.

IN EVERY GENERATION BEARERS OF LIGHT HAVE SAVED THE WORLD. WE BLESS YOU AND ALL WHO BEAR THE LIGHT.



Yours are the lives that support us. May we bring stability and harmony, right work and renewal, joy and pleasant hospitality to all our shared endeavors. We choose this way of balance and reconciliation in our homes, our play, and our places of labor. Bless you.

WE ARE A GLEAMING CITY SET HIGH UPON A HILL, WE ARE RADIANT TORCHES FLAMING IN THE NIGHT, WE ARE LAUGHING COMPANIONS FLOWING ON THIS BRIGHT JOURNEY.



Dear people of God, on behalf of the entire Cathedral community and all who seek the way of God, we offer this blessing in support of and encouragement to all who gather here this evening.

Together we share the intention to manifest wholeness of life and to foster the ongoing work of reconciliation in the world. May the One, Holy, and Undivided enlighten our journey and lead us in the way of peace. AMEN.

INFINITE GOD, YOU HAVE BLESSED US WITH THIS DAY AND THE FREEDOM TO LISTEN AND RESPOND IN LOVE. WE OPEN OURSELVES TO HEARING YOU IN YOUR WORD, IN THE EXAMPLE OF ST. BENEDICT, IN ONE ANOTHER, AND IN THE WORLD AROUND US. REASSURE US WITH YOUR CONSTANT PRESENCE AND LIGHT ON THIS JOURNEY. IN THE NAME OF JESUS CHRIST WE PRAY. AMEN.



My sisters and brothers, let us now enter the great silence finding rest, refreshment, and strength for our journey.

## SING, GLORIA

*All sing the refrain at the conclusion of each spoken verse.*

Black of night, bright of day,  
Falling star, and sun's new ray,  
Light's fresh dawn, and shadow's play  
Sing, Gloria!  
Morning light and evening gloom,  
Born of void from God's own womb,  
Your creation set the tune.

**SING, GLORIA!**

Ocean deep, pounding wave,  
Coming tide, and sheltered bay,  
Waterfall, and mist, and spray  
Sing, Gloria!  
Streams of life and tears of God,  
Gentle rain and cleansing flood,  
Strike the beat with every chord.

**SING, GLORIA!**

Mountain peak, fertile hill,  
Pasture sweet, and rugged trail,  
Lift your voices without fail:  
Sing, Gloria!  
Fallow field and verdant green,  
Arid rock and desert stream,  
Add your music to the theme:

**SING, GLORIA!**

Blade of grass, tall oak tree,  
Budding flower and turning leaf,  
Planted seed, and harvest sheaf  
Sing, Gloria!  
Every fruit, and every grain,  
Every rush, and reed, and cane,  
All repeat the loud refrain.

**SING, GLORIA!**

Beast on land, and bird in air,  
Creeping insects everywhere,  
Things with feather, scale, and hair  
Sing, Gloria!  
Creatures of the deep abyss,  
Unknown things that cry and hiss,  
All you called from nothingness  
SING, GLORIA!

Child of flesh, child of God,  
Knit of bone, and breath, and blood,  
Raise your voice unto the Lord:  
Sing, Gloria!  
Dark of skin and fair of face,  
In each tongue and in each place,  
Every member of our race  
SING, GLORIA!

*written by Alexandra Zepeda  
and given for use by  
The Community of Reconciliation*

## THE COMPANION'S DAILY PRAYER

ETERNAL GOD, CREATOR OF HEAVEN AND EARTH, HELP ME THIS DAY TO BECOME A WITNESS TO THE LIFE OF JESUS IN EVERYTHING THAT I DO. IN MY PRAYER, DRAW ME EVER CLOSER TO YOU, MY NEIGHBOR, AND ALL LIVING CREATURES; IN MY STUDY, BRING ME TO THE DEEP RIVERS OF YOUR WISDOM; IN MY REST, RENEW ME IN BODY AND SPIRIT; IN MY WORK, GUIDE ME INTO YOUR NEW CREATION; AND IN MY HOSPITALITY, FILL MY HEART WITH COMPASSION FOR EVERY HUMAN BEING. O HOLY ONE, MAKE ME A VESSEL OF YOUR RECONCILIATION, AND A BEARER OF YOUR DIVINE LOVE. AMEN.

*written by Eugene Taylor Sutton  
for the Community of Reconciliation*

## SENDING

### GODSPEED

Life is short and we do not have too much time to gladden the hearts of those who travel the way with us; so be swift to love and make haste to be kind; and may the blessing of the One who made us and who loves us and who travels with us be upon us, and remain with us always. **AMEN.**

Go in the way of peace and reconciliation.

### SELECTIONS FOR HARP AND VOICE

*Caritas habundat* – Hildegard von Bingen

*O Virgo splendens* – Spanish, fourteenth century

*Heavenly vision* – based on English chant, twelfth century

*Salve, virgo virginum* – English, thirteenth century

In November of 2009 friends, family members, and colleagues gathered to witness the setting of intention by the inaugural cohort of Companion Candidates. On that evening, more than 40 individuals voiced their intention to explore the way of Benedict throughout the coming year. We approach this evening uniquely changed by the experience and our shared journey.

Using the following intentions as guideposts along the way, we each set about the process of creating a life rule that offered community, wisdom, work, renewal, and hospitality as an alternative to our often fragmented existence.

**WE SEEK TO KNOW AND MANIFEST THE DIVINE**  
through lives of balance that foster reconciliation in the world

**WE SEEK TO STUDY AND GROW ALONGSIDE SPIRITUAL COMMUNITIES**  
that honor Benedictine practice as a way of deepening our life in God

**WE SEEK TO HOSPITABLY SUPPORT AND ENCOURAGE THOSE WE MEET**  
on our journey toward radical balance and reconciliation

**WE SEEK TO CREATE AND HONOR A RULE OF LIFE THAT BRINGS HARMONY**  
to our families, our relationships, our workplace, and the world

**WE SEEK TO STEWARD THE WORK OF THIS COMMUNITY**  
through sustaining contributions of prayer, labor, and resources

**WE SEEK TO CONTINUALLY DISCERN OUR RECONCILING ROLE IN THE WORLD**  
and joyfully live it out with mind, body, and spirit

WE ARE GRATEFUL TO THIS EVENING'S SERVICE PARTICIPANTS INCLUDING:

Akua Minor King  
*The Community of Reconciliation*

John Lipsey  
*The Community of Reconciliation*

Betty Swensen  
*The Friends of St. Benedict and The Community of Reconciliation*

Greg Finch  
*Washington National Cathedral and The Community of Reconciliation*

Steve Huber  
*Washington National Cathedral and The Community of Reconciliation*

Deborah Shepard  
*The Community of Reconciliation*

Penny Morrow  
*The Community of Reconciliation*

Gwenn Hoover  
*The Community of Reconciliation*

Armonia Nova

With thanks to the staff of Washington National Cathedral, in particular Carol Wade, Kim Gilliam, Ellen Spencer, Alexandra Zepeda, Wendy Tobias, Michael McCarthy, Craig Stapert, Mark Huffman; special thanks to seminarian Martha Watson; as well as our deepest gratitude for the contributions of Constance Whiteside, Marjorie Bunday, and Allison Mondel of Armonia Nova; and a host of volunteers from the Community in creating and preserving this service of Blessing and Intention.

**ARMONIA NOVA** is an ensemble of instruments and voices based in the Washington D.C. area. Its members perform medieval, renaissance and early baroque music of Europe on instruments that are re-creations of historical instruments. Members of Armonia Nova apply scholarship to give an historically informed performance with the desire for the listener to hear this remote yet remarkably beautiful music as it might have sounded when it was newly created. Armonia Nova has been frequently praised for its intelligent and creative programming. The performances of this ensemble capture the emotional content of the music, bringing an intensity and immediacy to the performance while maintaining the purity and clarity of tone so essential to music of these early periods.

**CONSTANCE WHITESIDE**, artistic director and historical harpist, performs and discusses music from the twelfth through seventeenth centuries on historical re-creations of medieval, renaissance, double, and triple row baroque harps. She has been described as “a musician of uncommon depth” by the *Washington Post*. A highly knowledgeable specialist, scholar and performer on historic harps, she has performed for dignitaries including His Holiness Pope Benedict XVI, at the Berkeley and Boston Early Music Festivals, as guest artist at embassies, and with such acclaimed groups as Chanticleer. She performs regularly in the Washington, D.C. area. She is former chair of the Historical Harp Survey, and former editor of the *Historical Harp Society Journal*. She is a co-founder of the Washington Early Music Festival and founder of Armonia Nova.

**MARJORIE BUNDAY**, critically-acclaimed oratorio and concert singer, has been featured soloist (both alto and mezzo-soprano roles) with D.C., Maryland, and Virginia-based choral and chamber ensembles, including Washington Bach Consort, Hesperus, Alexandria Choral Society, Cantate Chamber Singers, Musikanten, Cathedral Choral Society “Summer Sing,” and Washington Choral Ensemble. Outside the Washington area, she has had solos with the Baroque Chamber Orchestra of Colorado and has been artist-in-residence with Musikanten Montana’s “Helena Choral Week”. A resident of the D.C. area, she may be heard in a variety of venues across the city. Best known for performances of early and baroque music, she has also added her voice to U.S. and world premieres of choral music, art song, and chamber music.

**ALLISON MONDEL**, soprano, received her M.M. in Early Music Vocal Performance from the Longy School of Music where she studied with Laurie Monahan and discovered a love of medieval music. She has engaged in scholarly studies of the Montpellier and Las Huelgas manuscripts, and is a notation and performance specialist on the chants of Hildegard von Bingen. Her interpretation of Hildegard have led to performances in the Boston Early Music Festival and special performances with the Ars Nova Singers (Boulder, Colorado) in *The Passion of St. Ursula*. In 2001, she sang in the Boston Early Music Festival’s production of Lully’s *Thésée* and Rameau’s *La Guirlande* presented at Jordan Hall and Tanglewood. She co-founded Williamstown Early Music (Massachusetts) and has recently moved to the Baltimore-D.C. area where she sings and teaches early music.

## ABOUT THE COMMUNITY OF RECONCILIATION

The Community of Reconciliation at Washington National Cathedral is an ecumenical network of individuals seeking radical balance in life and a deepening commitment to reconciliation in the world. The Community engages the ancient Christian wisdom and practices of Benedictine spirituality as an alternative way of life to our often-fragmented existence. The Community opens us to harmony, to the sacred in our everyday lives, and to balanced living that fosters reconciliation in the world.

Through a constellation of resources and gatherings—at Washington National Cathedral and other communities of like intention—the Community helps individuals freshly interpret and integrate Benedictine spiritual foundations and practices into daily living. Individually and in community—beyond the walls of any monastery—shared wisdom and engaged participation center our lives in God and ground us as people of reconciliation in the world. The Community promises to bring the balance and harmony that one finds in a cloistered community to our own environment—family, the workplace, and daily life in a complex world.

All are invited on the journey of radical balance and reconciliation in the world.

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## SUPPORT FOR THE COMMUNITY OF RECONCILIATION

Saint Benedict encouraged his communities to be self-supporting. In the same spirit, The Community of Reconciliation is supported by generous gifts from its members and friends, along with individual and foundation support. These generous gifts enable us to offer all Community gatherings and many Community and Companion support events and resources without charge and to provide these resources to those with need. We are particularly grateful to The F.I.S.H. Foundation of Plainsboro, New Jersey, for their visionary support in pioneering the Community.

## YOU'RE INVITED

The Community invites you to experience Benedictine Life and Prayer Monday evenings at 6:15 pm in the Cathedral Center for Prayer and Pilgrimage. Join Esther de Waal Saturday, January 9, 2009 as we launch the second season of the Listening, Hearing, and Living. Guest speakers throughout the winter and spring include Cynthia Bourgeault, Esther de Wall, Tim Carrington, and Simon McGurk.

To learn more about The Community of Reconciliation at Washington National Cathedral or to learn more about our events, visit [www.nationalcathedral.org](http://www.nationalcathedral.org).

### ABOUT THE FRIENDS OF ST. BENEDICT

The Community of Reconciliation was formed in partnership with the Friends of St. Benedict, a non-profit organization that offers pilgrimages, retreats, and community gatherings focused on applying Benedictine spirituality in today's world. The Friends of St. Benedict was founded in 1997 to carry on the work of the Canterbury Cathedral Trust in America in the area of Benedictine spirituality.

In 1982, the first Benedictine Experience, held at Canterbury Cathedral, convinced a core group that an ongoing structure for organizing Benedictine retreats and educating interested groups on Benedictine wisdom could address a real hunger. Since then, The Friends of St. Benedict and its predecessor have offered ecumenical programs for clergy and lay people to explore the Rule of Saint Benedict within an active community.

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ALEXANDRA ZEPEDA, author of *"Sing, Gloria"*, is a sacred artist and pilgrim living and working in the D.C. metropolitan area. Originally from Dallas, Texas, her early training was in classical ballet before moving on to study theatre, concentrating her studies in costume construction and in performance, with an emphasis in mime. She moved to Shreveport, Louisiana, in the mid-nineties where she applied herself to a new discipline: choral singing, with particular interest in the sacred choral repertoire. In addition to her artistic pursuits, she is a linguist and was a 2003–2004 Rotary Ambassadorial Scholar in Spain. At the end of her term as ambassadorial scholar, she undertook a walking pilgrimage along the Camino de Santiago during a Jacobean Holy Year. Currently serving as document production coordinator in the worship department of Washington National Cathedral, she is responsible for the creation of programs and leaflets for liturgical use. Today she continues her pilgrimage through artistic endeavors including paper cutting, and writing prose and poetry.

COMMUNITY OF RECONCILIATION  
2009 COMPANION INAUGURAL COHORT

This evening, many who receive this blessing of intention as part of the Community also light candles on behalf of a number of individuals away on travel. We ask that you speak a word of blessing to all in this Companion cohort, those who are continuing the discernment process, those who are receiving investiture, those at distance, those on travel, and those who will become part of new cohorts in the coming years.

Catherine Alexander Brennan

Ronald Arms

Mary Baylor

Victoria Bocock

Chris Bridgeman

Tim Carrington

Vera Connolly

Maria Constantine

Carole Crumley

Dale Custer

Karen di Benedetto

Angela Mims Dodson

Jill Ewell

Greg L. Finch

Janice Genevro

Dana Hengst

Chris Hengst

Suella Henn

Gwendolyn M. Hoover

Carol Janus

Maureen Jenkins

Kathleen Keenan

Ak\_ua Minor King

Wayne Lewis

John J. Lipsey

Robert MacFarlane

Robert C. Maddox

Alison Mize

Jacqueline Moncrief

Vikki Montgomery

Dan Moore

Penny Morrow

Sue Mosher

Elizabeth Paulson

Joan C. Pittman

Andrea Posner

Kathy Prudden

Alice Ritcheson

Lynne Shaner

Deborah Shepard

Christopher J. Stanek

Sally Stanfield

Ken Yale



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