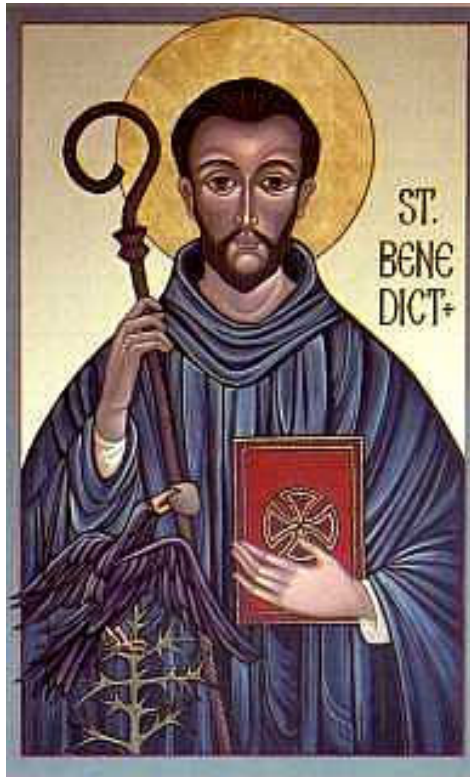


The Community of Reconciliation at Washington National Cathedral



A Mid-Winter Monastic Quiet Day

19-20 February 2010 | Washington National Cathedral

A Benedictine Spiritual Community
of Washington National Cathedral and The Friends of St. Benedict

*L*isten carefully, my child,
to the master's instructions,
and attend to them
with the ear of your heart.
This is advice from a father
who loves you;
welcome it, and faithfully
put it into practice.

Saint Benedict, *The Rule of Saint Benedict*

THE COMMUNITY OF RECONCILIATION MID-WINTER QUIET DAY | A DAY OF MONASTIC SILENCE AND PRAYER

19-20 February 2010

INTRODUCTION

Some of us have experienced the profound peace and renewal that comes from spending time in a monastic setting. Monastic environments offer the time and place to readily experience the rhythms of silence, reflection, and renewal. Whether for a day or an extended period such experiences help us along our spiritual journey and align us with the great tradition of Benedictine spirituality.

The Community of Reconciliation invites us to join in monastic silence in the midst of our everyday lives by creating a 'monastery of the heart.' Our Monastic Quiet Day, anchored at Washington National Cathedral, sets apart a full 24 hour period in monastic prayer and silence. The "Quiet Day" begins in our own homes on Friday evening and continues Saturday throughout the beautiful spaces of the Cathedral and grounds of the Cathedral close. All who wish to set aside time and place for silence, reflection, and renewal are welcome.

As in a monastery, our quiet day is guided by the rhythms of several practices—intentional silence, observance of the Daily Office, individual and corporate prayer, the Eucharist, reflective reading, shared work, and the taking of meals together. During our time this 'monastery of the heart' offers a chance to participate in an authentic contemplative experience in ways that nourish balance in life and reconciliation in the world..

Join us at The Monastery of the Heart...

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Though we ask that you register online at in order for us to plan for meals and room setup, know that in Benedictine tradition walk-ins are always received with open arms. There is always room at the table!

LOCATION

As you review the following schedule for our day of quiet you will notice we are asking begin Friday evening in our own homes and continue Saturday morning, convening at Bethlehem Chapel at Washington National Cathedral for Eucharist. Following, we move to the Cathedral College to share prayer, simple meals, silence, study, intentional conversation, and reflection. Breakfast and lunch are included with your participant fee.

About Your Arrival

Washington National Cathedral Directions | For detailed instructions on visiting the Cathedral by foot, auto, or metro visit:
<http://www.nationalcathedral.org/visit/>.

Parking | FREE parking is available on the Cathedral Close on weekends and after 3:30PM weekdays and (NOTE: Garage parking is free on Sundays only.)

PLEASE NOTE: Neighborhood 2 hour parking restrictions are strictly observed on all streets, so please park on the close. We ask that you respect our neighbors and honor all parking restrictions.

Visit <http://www.nationalcathedral.org/pdfs/CloseVisitorMap.pdf> for a map of the Close and parking areas.

To locate Bethlehem Chapel for Saturday Eucharist | Directions

Enter through the Way of Peace entrance (at the southeast corner of the Cathedral on South Road, off Wisconsin Avenue). Visit <http://www.nationalcathedral.org/pdfs/CloseVisitorMap.pdf> for a map of the Close and parking areas.

You will find the chapel to your right as you enter, through The Way of Peace entrance at the Crypt level of the Cathedral. Participants will seat themselves together in silence and will fully participate in the liturgy of Eucharist. You are encouraged to allow the first words of your morning to be those spoken in Eucharist. Look for Kurt and Greg.

To locate the Cathedral College | Directions

The Cathedral College is located at the North East corner of the close (where Woodley Road intersects with South Road on the Cathedral close). Visit <http://www.nationalcathedral.org/pdfs/CloseVisitorMap.pdf> for a map of the Close and parking areas.

Volunteers will greet you at the Main Entrance which is on South Road (just before it exits the Cathedral at Woodley Road.) Please call 202-537-6217 by Friday afternoon to let us know if you will be meeting us at the Cathedral College.

Should you have difficulty on arrival, you can call 202-236-1051. However, please note that in some of the buildings, cell phone signals do not always make it through the stone walls!

If you are at distance or not able to join us for other reasons you can use this guide to participate at home. Every intention to experience the rhythms of silence and prayer is honored, wherever you are located.

THE MID-WINTER MONASTIC QUIET DAY HORARIUM

Friday February 19, 2010 | In your own home

- 6pm **Dinner** (enjoy with your family or alone)
- 7:30pm **Office of Compline**— your quiet day begins | See specifics
- 7:45pm **The Great Silence**

Saturday February 20, 2010

- 7:30am **Eucharist** | Washington National Cathedral, Bethlehem Chapel
- 8:00am **Breakfast** | Cathedral College Refectory | in silence
- 8:45am **End of the Great Silence** | Instructions for the day | Cathedral College Refectory
| with Greg Finch and Kurt Aschermann
- 8:55am **Call to prayer** | Bell
- 9am **Morning Office** | Cathedral College Chapel
- 9:30-10:15am **Optional Conference #1** / *Praying the Daily Office* | Cathedral College Great
Room | with Kurt Aschermann
- 10:15-11:55am **Private time**
- 11:55am **Call to prayer** | Bell
- 12 noon **Mid-Day Office** | Cathedral College Chapel
- 12:15pm **Lunch, Reading, and conversation** | Cathedral College Refectory
- 1-1:45pm **Optional Conference #2** | *Living from a Personal Rule of Life* | Cathedral
College Great Room | with Greg Finch
- 1:40pm **Call to prayer** | Bell
- 1:50-2:30pm **Silent Prayer** | Mid Afternoon Office | Cathedral College Chapel
- 2:30-3:15pm **Community reflection and discussion** | Cathedral College Chapel
- 3:15pm **Blessing** | Clean up
- 4pm **Evening Prayer** | Cathedral Nave | *Optional*

THE SPECIFICS

Friday February 19, 2010—Your monastic experience will be greatly enhanced if you begin Friday evening and honor this schedule in your home. It is important you take time with your family or housemates to explain what you are doing— why you are being silent and what it means for them. Explain that you have set your intention for a time to step away from the pace of the daily world.

With children you may want to show them this program and talk about how every one of us can choose silence to renew ourselves, to rest, and to prepare ourselves for our daily work. This is a wonderful teaching opportunity that just might impact your family life for years to come! Be sure to tell them you are going to be silent through the night (after you pray the Office of Compline) and ask that they not talk to you unless absolutely necessary.

Experiencing silence at home with the support of those who surround you models a goal of the Community of Reconciliation, to integrate the rhythms of balance throughout all facets of our daily lives and relationships.

Following is a detailed guide for Friday evening at home and Saturday. Attention to the guide will provide the most authentic experience of a Monastic Quiet Day. As always, in Benedictine practice and in the Community, adapt it for use in ways that are “not burdensome.”

6pm **Dinner** (please enjoy with your family, friends, or alone)

Dinner at home is a good place to talk about your quiet day. This meal requires nothing special other than to be intentional about it being part of your quiet day. Knowing that you are having dinner at the same time as other participants who you will soon meet a wonderful dynamic to the meal. During your meal you may want to gently read aloud a short selection from the Bible, a sacred text, a spiritual reading, or favorite poem.

7:30pm **Office of Compline**— Your Quiet Day begins

Your quiet day begins with the Office of Compline. Compline is the last prayer service of the day in the Monastery. The service provides a beginning for our shared day as well as a prelude to the Great Silence to follow.

Compline offers us a chance to reflect upon our day— those things we have done well alongside those that perhaps we might wish to have done differently. Through the liturgy of Compline we acknowledge our shortcomings and embrace Divine protection through the night.

(If you have a *Book of Common Prayer* you will find Compline on page 127. The key Psalms are 4 and 91 which are traditional Compline psalms. Just think, you will be joining monks, nuns, and laypersons around the world who are all reading these exact same psalms at about the same time as you are.)

In the *Book of Common Prayer* the Office flow is self explanatory.

If you do not have a *Book of Common Prayer* or wish to simplify things you can use the following Order of Service for Compline.

You will need a Bible or a copy of the Psalter.

A Simplified Office of Compline

We suggest that you read this office in silence.

Opening prayer

*The Lord Almighty Grant us a peaceful night and a perfect end. Amen
Our help is in the name of the Lord
The maker of heaven and earth*

Silent reflection on your day/confession response:

*Lord forgive me for I have sinned against you through my own fault
In what I have done
And what I have left undone
For the sake of your son Jesus Christ forgive me*

Psalms 4 and 91

Scripture

Be sober, be watchful. Your adversary the devil prowls around like a roaring lion seeking someone to devour. Resist him, firm in your faith 1 Peter 5:8-9a

Silence

The Lord's Prayer

Closing

*Antiphon— Guide us waking O lord and guard us sleeping
That awake we may watch with Christ
And sleep we may rest in peace*

Nunc dimittis

*Lord you now have set your servant free
To go in peace as you have promised
For these eyes of mine have seen the Savior
Whom you have prepared for all the world to see
A light to enlighten the nations
And the glory of your people, Israel*

Glory to the Father, and to the Son, and to the Holy Spirit, As it was in the beginning is now and will be forever. AMEN

Repeat antiphon

7:45pm **The Great Silence**— In a monastery conversation ends after Compline and continues through breakfast the next day. We will follow the same practice so please refrain from speaking after this point. Plan to begin the Great Silence immediately following the Office of Compline. We suggest you retire early to be ready for the full day on Saturday.

Saturday February 20, 2010 | Continuing from your own home

In some monasteries the monks and nuns wake at 3:30 am to begin their day. We aren't suggesting you do that (unless you are truly adventurous) however, we do suggest that you rise early to prepare for a full day in our 'monastery.' Perhaps you will want to acknowledge God immediately, maybe even before you get out of bed. Something simple like 'Lord thank you for this new day' will suffice.

Continue your day of silence by being intentional before coming to the Cathedral. Be mindful of everything you do from brushing your teeth to dressing. Set the tone for your day by being fully present in all things. You may have to remind your family you are being silent (especially if you have kids). The simple standard gesture of putting finger to lips will usually remind them that you are having a special day.

On your way to the Cathedral remain in silence. Keep the radio off in the car and if traveling with someone else to the Cathedral refrain from talking.

7:30am **Eucharist** | Washington National Cathedral, Bethlehem Chapel
Remember we are still in silence. We speak when called for during the Eucharist but conversation is discouraged. On arrival please join the rest of our participants by sitting in the rear, right hand side of the chapel (as you face the altar). You will see Greg and Kurt there to identify our group.

Following the Eucharist we will process to the Cathedral College. Remember we are still in the Great Silence.

8:00am **Breakfast** | Cathedral College refectory | in silence

We will take our meal in silence. After our meal we will honor the practice of work by placing our dishes as directed. Some will be asked to help clean up in the kitchen.

8:45am **End of the Great Silence** | Greg Finch and Kurt Aschermann | Instructions

8:55am **Call to prayer** | Bell
Throughout our day, we will sound a bell five minutes before each prayer service. You are asked to immediately go to the Chapel when you hear the bell so the Office can begin promptly as scheduled. (St. Benedict required that the monks/nuns drop what they are doing when they heard the bell and hasten to the chapel for 'nothing is to be preferred to the work of God.')

9:00am **Morning Office** | Cathedral College Chapel
During our three services we will pray using the *Episcopal Book of Common Prayer* (provided, if do not have one.) Our chairs will be situated opposite each other so we can read the Psalms antiphonally. We will also use a more contemplative way to pray the Office together and will 'practice' this method before beginning the Office. Some will be asked to read scripture and lead prayer.

9:30-10:15am **Optional Conference #1** | *Praying the Daily Office: A Discipline for All*
Cathedral College Great Room | Kurt Aschermann

Many assert that for lay contemplatives to experience the power of Benedictine spirituality they need to participate in The Daily Office, the most basic exercise of the monastery. In this conference we will explore how to pray the Office using *The Book of Common Prayer*.

(Both conferences during our retreat are *voluntary*. If you wish to partake, go directly to the Great Room at the assigned time. If you do not wish to participate feel free to use the time as you see fit either in the Cathedral College or elsewhere on the Cathedral Close. Please make sure to keep track of the time if you leave the Cathedral College so you are not late to the next Office. You will need to ring the front bell for re-entry into the building.)

10:15-11:55am **Private time** for prayer, journaling, silence.
We ask that you respect those that wish to remain silent during this time. Coffee and tea are available in the refectory where, again, we ask that you reduce conversation to a minimum.

11:55am **Call to prayer** | Bell

12 noon **Mid-Day Office** | Cathedral College Chapel

12:15pm **Lunch** and conversation—Cathedral College Refectory

1-1:45pm **Optional Conference #2** | *Living from a Personal Rule of Life* | Cathedral College Great Room | Greg Finch

The Rule of Saint Benedict continues to shape the life of Benedictine communities as it has for thousands of years. During this conference, we will explore how what it might look like to set our intentions to “live from” a set of guiding principles for balance and reconciliation in our lives, families, relationships, and work.

1:45pm **Call to prayer** | Bell

1:50-2:30pm **Silence** | Mid-afternoon Office | Cathedral College Chapel
We will enjoy extended silence together before praying the Office

2:30-3:15pm **Community reflection and discussion** | Cathedral College Chapel

3:15pm **Blessing** | Clean Up

4pm **Evening Prayer** | Cathedral Nave | *Optional*



The Community of Reconciliation at Washington National Cathedral is an emerging ecumenical network of individuals seeking balance in life and a deepening commitment to reconciliation in the world. The Community engages the ancient Christian wisdom and practices of Benedictine spirituality to discover the balance and harmony found in a cloistered community—right in our own environments—family, the workplace, and daily life in a complex world. All are welcome.

UPCOMING COMMUNITY OF RECONCILIATION GATHERINGS

MAR 20, 2010 10:15 AM

Listening, Hearing, and Living: Giving Up— A Way to New Beginnings and Hope | Perry Auditorium | with The Rev. Dr. Ron Conner, priest and scholar in liturgical theology

APR 24, 2010 10:15 AM

Listening, Hearing, and Living | Perry Auditorium | with Father Simon McGurk, OSB, prior of St. Anselm's Abbey in Washington DC

MAY 15, 2010 10:15 AM

Listening, Hearing, and Living | Perry Auditorium | Entering Into the Mind of Christ: A Weekend of Prayer and Practice with Cynthia Bourgeault, author and lecturer

JUN 12, 2010 10:15 AM

Listening, Hearing, and Living | Perry Auditorium | with Margaret Guenther, author, priest, and retreat leader

JUN 26, 2010 10:15 AM

Pilgrimage of Reflection | Perry Auditorium



— WASHINGTON —
NATIONAL CATHEDRAL

The Community of Reconciliation

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To learn more about upcoming gatherings and events, to RSVP or make a donation, or for additional details visit <http://www.nationalcathedral.org/worship/cor.shtml>

As an act of reconciliation with our planet and hospitable stewardship of our environment this document is printed on recycled 30% post consumer waste paper product.