

Advent Retreat Schedule: Lay Spiritual Practices

Friday, December 5th, 2003 through Sunday, December 7th, 2003

Friday, December 5, 2003 (The Feast of Clement of Alexandria)

Arrival & Check-in: 3:00-3:45pm

Welcome & Introductions: 4:00-4:45pm

Spoken Evening Prayer: 5:00-5:30pm

Meditation I, on The Early Church & the Incarnation: 5:30-5:45pm

Dinner: 6:00-6:45pm

Workshop I, on Chant: 7:00-8:30pm

Gregorian Chant: Ubi Caritas, Psalm 126 & Compline

Taize Chant: Ubi Caritas & O Lord, Hear my Prayer

Anglican Chant: Venite, Surge, Illuminare & Magnificat

Free Time for Night Walk, Conversation, Art, Writing, Meditation: 8:30-9:30pm

Sung Compline: 9:30-9:45pm

Saturday, December 6, 2003 (The Feast of Nicholas, Bishop of Myra)

Sung Morning Prayer: 7:00-7:30am

Meditation II, on The Early Church & Community: 7:30-7:45am

Breakfast: 8:00-8:45am

Workshop II, on Rosary Making: 9:00-10:15am

Workshop III, on Liturgical Dance: 10:30-11:45am

Spoken Noonday Prayer: noon-12:15pm

Lunch: 12:15-1:00pm

Free Time for Art, Conversation, Writing, Hiking, Meditation: 1:00-3:00pm

Workshop IV, on *Lectio Divina*: 3:00-3:45pm

Workshop V, on Living Sculpture: 4:00-4:45pm

Sung Vespers: 5:00-5:30pm

Meditation III, on The Early Church & Worship: 5:30-5:45pm

Dinner (optional if fasting, else silent): 6:00-6:45pm

Workshop VI, on Spiritual Journaling: 7:00-8:15pm

Workshop VII, on Contemplative Prayer: 8:30-9:15pm

Spoken Night Prayer: 9:30-9:45pm

Sunday, December 7, 2003: Advent II

Spoken Morning Prayer: 7:00-7:30am

Meditation IV, on The Early Church & Prophecy: 7:30-7:45am

Breakfast (optional if fasting, else silent): 8:00-8:45am

Free Time for Art, Conversation, Writing, Hiking, Meditation: 9:00-10:00am

Preparation for Eucharist: 10:00-10:45am

Altar & Flower Guild: set up chapel

Acolytes & Servers: walk through service

Musicians: rehearse ordinary & anthems

Dancers: plan processions in & out

Preacher: prepare homily

Intercessors: write prayers of the people

Lectors/Living Sculpture players: present readings from lectionary

Choral Eucharist: 11:00am-noon

Feast & Farewell: 12:15-2:00pm

Check-out & Departure: 2:15-3:00pm

Liturgical Resources
Authorized for use in the Episcopal Church in the USA

The 1979 Book of Common Prayer

This is the prayer book designed by the Standing Commission on Liturgy and Music and approved by General Convention for use in the US. The previous version of the BCP is dated 1928. Other sources for planning liturgies include the Church of England's Common Worship and The New Zealand Prayer Book.

Enriching our Worship 1

This book contains supplemental materials for Morning and Evening Prayer, The Great Litany and The Holy Eucharist and was prepared and authorized for use in congregations by the Standing Liturgical Commission in 1997.

Lesser Feasts & Fasts 2000

This book contains the propers (collects, psalms and Scripture readings) for the saints' days and the fixed Holy Days of the current Episcopal Church Calendar. A new edition of this book is published each time a General Convention approves additions to the Calendar.

The Hymnal 1982

This hymnal is the one primarily used in Episcopal congregations. It contains service music and hymns, with harmony and descants. Service music includes the mass settings (Kyrie, Gloria, Credo, Sanctus/Benedictus & Agnus Dei), settings and canticles used in the Morning and Evening offices (such as the Venite, Jubilate Deo, Magnificat and Nunc Dimittis), litanies and other sung prayers and acclamations such as The Lord's Prayer, Trisagion, Memorial Acclamation and Amens. It has several indices to assist in service planning.

Wonder, Love & Praise

This hymnal is a supplement to *The Hymnal 1982* so its numbering begins where that book left off. It includes service music and indices. The hymns in this book include texts in foreign languages, new musical settings for well-known hymns, modern texts and tunes and Taize and Iona chant.

Musical Settings for Noonday & Compline

This booklet contains David Hurd's modified plainchant settings for the two smaller offices. There are also excellent instructions for cantors in the introduction.

The Episcopal Musicians' Handbook 2003-2004 (Year C)

This book is published annually by The Living Church, as it corresponds to the yearly lectionary cycle. The church calendar begins in Advent, so this represents the year from Advent I 2003 to Christ the King 2004. For each Sunday it identifies hymns that match the lectionary (both ECUSA & RCL). It also suggests coherent settings for the various rites of each office and the mass. It lists orders of service for special liturgies such as Lessons & Carols and Tenebrae. It also lists all hymn paraphrases of psalms, canticles and Scripture, including those in *The Hymnal 1982*, *Wonder Love & Praise*, and *Lift Every Voice & Sing* (the African American hymnal used by ECUSA).

Living Sculptures

Background:

In Ezekiel 4:1-8 we see God directing the prophet to proclaim His message through a mixed media presentation, including drawing, drama and sculpture. God specified the materials of clay, metal, wood and Ezekiel's body itself as means of communication. In it Ezekiel acts as a living sculpture, lying on the ground in various positions for over a year, as a sign to Israel of the coming battle, Ezekiel's taking the peoples' sins on himself, as well as providing a prophetic stage set.

1 "Now, son of man, take a clay tablet, put it in front of you and draw the city of Jerusalem on it. 2 Then lay siege to it: Erect siege works against it, build a ramp up to it, set up camps against it and put battering rams around it. 3 Then take an iron pan, place it as an iron wall between you and the city and turn your face toward it. It will be under siege, and you shall besiege it. This will be a sign to the house of Israel.

4 "Then lie on your left side and put the sin of the house of Israel upon yourself. [1] You are to bear their sin for the number of days you lie on your side. 5 I have assigned you the same number of days as the years of their sin. So for 390 days you will bear the sin of the house of Israel.

6 "After you have finished this, lie down again, this time on your right side, and bear the sin of the house of Judah. I have assigned you 40 days, a day for each year. 7 Turn your face toward the siege of Jerusalem and with bared arm prophesy against her. 8 I will tie you up with ropes so that you cannot turn from one side to the other until you have finished the days of your siege.

Methodology:

This dramatic tableau inspired a method of Scriptural interpretation, where one person acts as sculptor and others are the clay that (s)he molds into various positions, to bring a story to life.

First, a passage of Scripture is read aloud, fairly slowly, and followed by a brief period of silent reflection. The leader asks for a volunteer to be sculptor. That person decides how many pieces of clay (s)he needs and accepts volunteers.

Living Sculpture is traditionally done in silence. This means that the sculptor demonstrates and guides each person into the scene. They hold their positions long enough for the rest of the group, the observers, to view the sculpture from all angles. Observers can also modify the sculpture, in the same way the original sculptor did.

After the observers are satisfied, the people acting as clay break their tableau. Each group takes a turn reflecting aloud on the experience. How did the clay feel as they entered the tableau and others joined them? What did the observers notice about the sculpture? What was the sculptor's intent? What was the focus of the sculpture? How did it relate to the focus of the text? What did the sculpture reveal about the Scripture passage that might not have been evident in the text itself?

A second sculpture can be created after reading the Scriptural passage from a different translation. Additional questions for participants would compare and contrast the sculptures and translations.

Living Sculpture Exercise

Mark 10:13-16 (New International Version)

13 People were bringing little children to Jesus to have him touch them, but the disciples rebuked them. 14 When Jesus saw this, he was indignant. He said to them, "Let the little children come to me, and do not hinder them, for the kingdom of God belongs to such as these. 15 I tell you the truth, anyone who will not receive the kingdom of God like a little child will never enter it." 16 And he took the children in his arms, put his hands on them and blessed them.

Mark 10:13-16 (The Message)

13 The people brought children to Jesus, hoping he might touch them. 14 The disciples shooed them off. But Jesus was irate and let them know it: "Don't push these children away. Don't ever get between them and me. These children are at the very center of life in the kingdom. 15 Mark this: Unless you accept God's kingdom in the simplicity of a child, you'll never get in." 16 Then, gathering the children up in his arms, he laid his hands of blessing on them.

Mark 10:13-16 (Young's Literal Translation)

13 And they were bringing to him children, that he might touch them, and the disciples were rebuking those bringing them,
14 and Jesus having seen, was much displeased, and he said to them, 'Suffer the children to come unto me, and forbid them not, for of such is the reign of God;
15 verily I say to you, whoever may not receive the reign of God, as a child -- he may not enter into it;'
16 and having taken them in his arms, having put [his] hands upon them, he was blessing them.

Mark 10:13-16 (Contemporary English Version)

13 Some people brought their children to Jesus so that he could bless them by placing his hands on them. But his disciples told the people to stop bothering him.
14 When Jesus saw this, he became angry and said, "Let the children come to me! Don't try to stop them. People who are like these little children belong to the kingdom of God. 15 I promise you that you cannot get into God's kingdom, unless you accept it the way a child does." 16 Then Jesus took the children in his arms and blessed them by placing his hands on them.

Living Sculpture Resources

Jubilee Curriculum: Lent 2000, The Episcopal Church of the USA

This curriculum includes lesson plans for adults, youth & children on 5 topics selected by the national Church as appropriate to Jubilee. It includes concepts such as care for the environment, debt forgiveness, social justice and reconciliation & respect. It describes the living sculpture method and provides a variety of Scripture readings related to the Lenten lectionary for Year C/Year 1. Available from 815 in New York City.

Jubilato Deo Curriculum: Lent 2002, The Episcopal Diocese of California

This curriculum includes lesson plans to be used in adult education programs on Sundays during Lent. Based on the Sunday Eucharistic lectionary for Year A, it describes the living sculpture method and recommends use for the Gospel lessons.

Painting the Word, by John Drury

This book describes the techniques visual artists use to represent theology. For example the relation of angels and human, in posture and distance, reveals the relationship of God to mankind.

GospelCom's Bible Gateway

<http://www.gospelcom.net>

Anglicans Online Lectionary Resources

<http://www.anglicansonline.org/resources/liturgical.html>

Friday Evening: Order for Evening Prayer

Officiant: Light and peace, in Jesus Christ our Lord.

Response: Thanks be to God.

Introit (Isaiah 60:1-3):

Arise, shine, for your light has come, and the glory of the LORD has risen upon you.
For behold, darkness covers the earth and gloom enshrouds the peoples,
but over you the LORD will rise and his glory will appear upon you.
Nations will stream to your light, and kings to the brightness of your dawning.

Prayer for Light:

Almighty God, we give you thanks for surrounding us, as daylight fades, with the brightness of the vesper light; and we implore you of your great mercy that, as you enfold us with the radiance of this light, so you would shine into our hearts the brightness of your Holy Spirit; through Jesus Christ our Lord. AMEN

Collect of the Day (The Feast of Clement of Alexandria):

O God of unsearchable wisdom, you gave your servant Clement grace to understand and teach the truth as it is in Jesus Christ, the source of all truth: Grant to your Church the same grace to discern your Word wherever truth is found; through Jesus Christ our unfailing light, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. AMEN

Phos Hilaron: Hymnal #25, **O Gracious Light, Lord Jesus Christ**

Psalm 103:1-4,13-18: said antiphonally, men on odd verses, women on even, all at the Gloria Patri

Glory be to the Father, and to the Son, and to the Holy Spirit. *
As it was in the beginning, is now and ever shall be, world without end. AMEN

Scripture Reading (John 6:57-63):

Magnificat: Hymn #437, **Tell Out, My Soul, the greatness of the Lord** (SATB)

Silent Meditation.

Closing Prayer:

Almighty and eternal God, so draw our hearts to you, so guide our minds, so fill our imaginations, so control our wills, that we may be wholly yours, utterly dedicated to you; and then use us, we pray, as you will, and always to your glory and the welfare of your people; through our Lord and Savior Jesus Christ. AMEN

Dismissal:

The Lord bless you and keep you. The Lord make his face to shine upon you and be gracious unto you. The Lord lift up his countenance upon you and give you peace. AMEN

Friday Night: Order for Compline, from *Musical Settings for Noonday & Compline*

Psalms: 31 & 134

Scripture: Matthew 11:28-30

Hymn #43: **All Praise to thee, my God this night**, in canon, men & women

Collect:

Be our light in the darkness, O Lord, and in your great mercy defend us from all perils and dangers of this night; for the love of your only Son, our Savior Jesus Christ. AMEN

Prayer:

Keep watch, dear Lord, with those who work, or watch, or weep this night, and give your angels charge over those who sleep. Tend the sick, Lord Christ, give rest to the weary, bless the dying, soothe the suffering, pity the afflicted, shield the joyous, and all for your love's sake. AMEN

Saturday Morning: Sung Morning Prayer (*Rite II*)

Preces & Responses: S33

Officiant: Our King and Savior now draws nigh.

Response: Come let us adore Him.

Canticle: **Venite**, S37

Psalms: 78:3-7, said antiphonally, men on odd verses, women on even, all at Gloria Patri

Scripture: 1 John 4:7-14

Canticle: **Surge, Illuminare**, S224

The Apostles Creed: spoken

Salutation & Lord's Prayer: S51

Suffrages A: S52

Collect of the Day (Advent I):

Almighty God, give us grace to cast away the works of darkness, and put on the armor of light, now in the time of this mortal life in which your Son Jesus Christ came to visit us in great humility; that in the last day, when he shall come again in his glorious majesty to judge both the living and the dead, we may rise to the life immortal; through him who lives and reigns with you and the Holy Spirit, one God, now and forever. AMEN

Collect for Saturdays:

Almighty God, who after the creation of the world rested from all your works and sanctified a day of rest for all your creatures: Grant that we, putting away all earthly anxieties, may be duly prepared for the service of your sanctuary, and that our rest here upon earth may be a preparation for the eternal rest promised to your people in heaven; through Jesus Christ our Lord. AMEN

Collect for Guidance:

Heavenly Father, in whom we live and move and have our being: We humbly pray you so to guide and govern us by your Holy Spirit, that in all the cares and occupations of our life we may not forget you, but may remember that we are ever walking in your sight; through Jesus Christ our Lord. AMEN

Hymn: #57, **Lo! He comes, with clouds descending**

General Thanksgiving: BCP, p. 101

Concluding Versicle & Response: S54

Dismissal:

May the God of hope fill us with all joy and peace in believing through the power of the Holy Spirit. AMEN

Saturday Midday: Order of Service for Noonday

Officiant: O God, make speed to save us.
Response: O Lord, make haste to help us.
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
Alleluia.

Hymn: #20, **Now Holy Spirit, ever One**

Psalm: 126, sung in Gregorian Chant (see attached), cantor leads antiphon, congregation repeats

Scripture: 2 Corinthians 5:17-18

Lector: The Word of the Lord.

Response: Thanks be to God.

Silent Meditation.

Officiant: Lord have mercy.
Response: Christ have mercy.
Officiant: Lord have mercy.

The Lord's Prayer: spoken by all

Collect:

Almighty Savior, who at noonday called your servant Saint Paul to be an apostle to the Gentiles: We pray you to illumine your world with the radiance of your glory, that all nations may come and worship you; for you live and reign forever and ever. AMEN

Intercessions.

Officiant: Let us bless the Lord.
Response: Thanks be to God.

Saturday Evening: Sung Vespers

Preces & Responses: S58

Hymn: #24, **The Day Thou Gavest, Lord**

Psalm: 145:8-13, said antiphonally, men on odd verses, women on even, all at Gloria Patri

Scripture: Mark 10:13-16

Magnificat: S247

Salutation & Lord's Prayer: S62

Suffrages B: S64

Collect of the Day (The Feast of Nicholas of Myra):

Almighty God, in your love you gave your servant Nicholas of Myra a perpetual name for deeds of kindness both on land and sea: Grant, we pray, that your Church may never cease to work for the happiness of children, the safety of sailors, the relief of the poor, and the help of those tossed by tempests of doubt or grief; through Jesus Christ our Lord, who lives and reigns with you and the Holy Spirit, one God, for ever and ever. AMEN

Collect for Saturdays:

O God, the source of eternal light: Shed forth your unending day upon us who watch for you, that our lips may praise you, our lives may bless you, and our worship on the morrow give you glory; through Jesus Christ our Lord. AMEN

Collect for the Presence of Christ:

Lord Jesus, stay with us, for evening is at hand and the day is past; be our companion in the way, kindle our hearts and awaken hope, that we may know you as you are revealed in Scripture and the breaking of bread. Grant this for the sake of your love. AMEN

Hymn: #54, **Savior of the Nations, Come**

Concluding Versicle & Response: S65

Saturday Night: Night Prayer

Officiant: The Lord almighty grant us a peaceful night and a perfect end. AMEN
Our help is in the name of the Lord.

Response: The maker of heaven and earth.

Officiant: Let us confess our sins to God.

All: Almighty God, our heavenly Father: we have sinned against you, through our own fault, in thought, and word, and deed, and in what we have left undone. For the sake of your Son, our Lord Jesus Christ, forgive us all our offenses; and grant that we may serve you in newness of life, to the glory of your Name. AMEN

Officiant: May the Almighty God grant us forgiveness of all our sins, and the grace and comfort of the Holy Spirit. AMEN

Officiant: O God, make speed to save us.

Response: O Lord, make haste to help us.

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. Alleluia.

Psalms: 91 & 134, said antiphonally, men on odd verses, women on even, all at Gloria Patri

Scripture: Hebrews 13:20-21

Response: Thanks be to God.

Hymn: #827 (in *Wonder, Love & Praise*), **O Lord, Hear my prayer**

Officiant: Into your hands, O Lord, I commend my spirit;

Response: For you have redeemed me, O God of truth.

Officiant: Keep us, O Lord, as the apple of your eye;

Response: Hide us under the shadow of your wings.

Officiant: Lord, have mercy.

Response: Christ, have mercy.

Officiant: Lord, have mercy.

The Lord's Prayer: spoken by all

Officiant: Lord, hear our prayer.

Response: And let our cry come to thee

Officiant: Let us pray.

Collect:

Be present, O merciful God, and protect us through the hours of this night, so that we who are wearied by the changes and chances of this life may rest in your eternal changelessness; through Jesus Christ our Lord. AMEN

Collect for Saturdays:

We give you thanks, O God, for revealing your Son Jesus Christ to us by the light of his resurrection: Grant that as we sing your glory at the close of this day, our joy may abound in the morning as we celebrate the Paschal mystery; through Jesus Christ our Lord. AMEN

Antiphon: Guide us waking and guard us sleeping;

that awake we may watch with Christ and asleep we may rest in peace.

Nunc Dimittis: Hymn #499, **Lord, God, you now have set your servant free**

Antiphon: Guide us waking and guard us sleeping;
that awake we may watch with Christ and asleep we may rest in peace.

Officiant: Let us bless the Lord.

Response: Thanks be to God.

Officiant: The almighty and merciful Lord, Father, Son and Holy Spirit, bless us and keep us.
AMEN

Sunday Morning: Morning Prayer from *Enriching our Worship 1*

Officiant: Arise, O Jerusalem, stand upon the height and look toward the east, and see your children gathered from west and east at the word of the Holy One.

Hymn #606, **Ubi caritas**

Officiant: O God, let our mouth proclaim your praise.

Response: And your glory all the day long.

All: Praise to the holy and undivided Trinity, one God:
as it was in the beginning is now and will be forever. AMEN. Alleluia.

Officiant: Our God and Savior now draws near.

Response: O Come let us worship.

Antiphon: O God, you are my God: from break of day I seek you.

Invitatory Psalm 63:1-8, Deus, Deus meus

Antiphon: O God, you are my God: from break of day I seek you.

Scripture: Luke 1:57-68

Lector: Hear what the Spirit is saying to God's people.

Response: Thanks be to God.

Canticle: (Gloria) Hymn #421, **All Glory be to God on High**

The Apostles Creed: spoken

Officiant: Hear our cry, O God.

Response: And listen to our prayer.

Officiant: Let us pray.

Officiant: Help us, O God our Savior;

Response: Deliver us and forgive us our sins.

Officiant: Look upon your congregation;

Response: Give to your people the blessing of peace.

Officiant: Declare your glory among the nations;

Response: And your wonders among all peoples.

Officiant: Do not let the oppressed be shamed and turned away;

Response: Never forget the lives of your poor.

Officiant: Continue your loving-kindness to those who know you;

Response: And your favor to those who are true of heart.

Officiant: Satisfy us by your loving-kindness in the morning;

Response: So shall we rejoice and be glad all the days of our life.

Dismissal:

Glory to God, whose power working in us, can do infinitely more than we ask or imagine:
Glory to Him from generation to generation in the Church, and in Christ Jesus forever and
ever. AMEN

Sunday Midday: Choral Eucharist from *Enriching our Worship 1*

Celebrant: Blessed are you, holy and living One.
Response: You come to your people and set them free.

Opening Hymn #444, **Blessed be the God of Israel**

Celebrant: God be with you.
Response: And also with you.

Collect of the Day (Advent II):

Merciful God, you sent your messengers the prophets to preach repentance and prepare the way for our salvation: Give us grace to heed their warnings and forsake our sins, that we may greet with joy the coming of Jesus Christ our Redeemer; who lives and reigns with you and the Holy Spirit, One God, now and forever. AMEN

Scripture: Baruch 5:1-9

Lector: Hear what the Spirit is saying to God's people.

Response: Thanks be to God.

Sequence Hymn #724 (in *Wonder, Love & Praise*), **People Look East**

Scripture: Philippians 1:1-11

Lector: Hear what the Spirit is saying to God's people.

Response: Thanks be to God.

Gradual Hymn #65, **Prepare the way, O Zion**

Gospel Acclamation: The Holy Gospel of our Savior Jesus Christ, according to St. Luke.

Response: Glory to you, Lord Jesus Christ.

Scripture: Luke 3:1-6

Lector: The Gospel of the Lord.

Response: Praise to you, Lord Christ.

Homily

The Nicene Creed

The Prayers of the People

Celebrant: Let us confess our sins to God.

All: God of all mercy, we confess that we have sinned against you, opposing your will in our lives. We have denied your goodness in each other, in ourselves, and in the world you have created. We repent of the evil that enslaves us, the evil we have done, and the evil done on our behalf. Forgive, restore and strengthen us, through our Savior Jesus Christ, that we may abide in your love and serve only your will. AMEN

Celebrant: Almighty God have mercy on us, forgive us all our sins through the grace of Jesus Christ, strengthen us in all goodness, and by the power of the Holy Spirit keep us in eternal life. AMEN

Celebrant: The Peace of Christ be always with you.
Response: And also with you.

Offertory Anthem: **Jesus Christ the Apple Tree** (Elizabeth Poston)

Celebrant: The Lord be with you.
Response: And also with you.
Celebrant: Lift up your hearts.
Response: We lift them to the Lord.
Celebrant: Let us give thanks to the Lord our God.
Response: It is right to give our thanks and praise.

Eucharistic Prayer 2, pp. 60-62 (musical settings for preface & doxology on pp. 83-84)

Sanctus: S130

The Lord's Prayer: spoken by all

Agnus Dei: S164

Communion Anthem: **Alma Redemptoris Mater** (plainchant)
Communion Hymn #831 (in *Wonder, Love & Praise*), **Ubi caritas**

Postcommunion Prayer:

God of abundance, you have fed us with the bread of life and cup of salvation; you have united us with Christ and one another; and you have made us one with all your people in heaven and on earth. Now send us forth in the power of your Spirit, that we may proclaim your redeeming love to the world and continue forever in the risen life of Christ our Savior.
AMEN

Closing Hymn #67, **Comfort, comfort ye my people**

Celebrant:

May the blessing of the God of Abraham and Sarah, and of Jesus Christ, born of our sister Mary, and of the Holy Spirit, who broods over the world as a mother over her children, be upon you and remain with you always. AMEN