

# Apostolic Practices – An Adult Formation Opportunity

Do you want to move toward living a more apostolic faith? To engage the central spiritual practices of the Anglican tradition? Do you have a desire to develop a more disciplined and flexible spiritual practice?

Sister Michelle and Brother Robert (Fr. Bob) are offering a 3 – 4 month program called “Apostolic Practices.” **If you’d like to participate contact Michelle at [michelleheyne@gmail.com](mailto:michelleheyne@gmail.com) no later than Friday June 30**

## When does it begin?

Wednesday July 5 at 7:30 am on Zoom. We’ll do Morning Prayer together.

## What are the central spiritual practices of the Anglican tradition? And how will we engage them?

Central spiritual practices	How we will engage
The Sunday Eucharist	We assume that those participating will be parishioners who are already in the habit of being at Mass every Sunday. <b><i>We’ll discuss on a Zoom meeting</i></b> (or at a coffee hour table) the three primary ways people join in the Holy Eucharist: Be Present, Participate, and Engage.
The Daily Office	Michelle and Bob are in the habit of saying Morning Prayer (see p.80 in the Prayer Book) at 7:30 am on Zoom, Monday through Friday. <b><i>You’ll join them for 2 ½ weeks, from July 5 through July 21.</i></b> Initially you’ll participate by following along in the Prayer Book. Later you may be asked to do one of the readings. You continue doing it on your own, in some fashion, for at least the next couple of months. We check-in with you on how that’s going.
Reflection -Spiritual Reading	You’ll be <b>provided with a course of spiritual reading</b> based on <a href="#"><i>Seeking God</i> by Esther deWaal</a> and we’ll check in with you about how that is going. <b>Beginning Monday July 17<sup>th</sup></b> . It is a few minutes that can be at any time of day. We’ll give you an article on Spiritual Reading.
Living the Church Year	<b><i>We’ll explore how, in our individual circumstances, we can live the church year</i></b> -- The weekly Eucharist and the daily office along with observing the principle feasts: Easter Day, Ascension Day, The Day of Pentecost, Trinity Sunday, All Saints' Day, Christmas Day, The Epiphany. And the two fast days: Ash Wednesday, Good Friday
Understanding the central Rhythm/processes underlying the Apostolic Practices.	<b><i>We’ll have a Zoom meeting to discuss</i></b> the Threefold Rule of Prayer (Eucharist, Daily Office, Personal Devotions) and look at how each of us engages the Renewal-Apostolate Cycle. You’ll receive several short articles to read.

This will be several months of actually doing the practices and receiving some coaching to assist you in establishing a firm grounding in the central spiritual practices of the Anglican tradition. Our hope is that the program can jump-start you into those practices.

## The Threefold Rule of Prayer

*Eucharist – Office – private prayer, forms one whole balanced organic life” and “private prayer is absolutely dependent on the Office and the Eucharist* Martin Thornton

### Holy Eucharist

*For the fully Christian life is a Eucharistic life: that is, a natural life conformed to the pattern of Jesus, given in its wholeness to God, laid on His altar as a sacrifice of love, and consecrated, transformed by His impouring life, to be used to give life and food to other souls* - Evelyn Underhill, *The Mystery of Sacrifice: A Meditation on the Liturgy*

### Daily Office

*...a way by which we keep ourselves in constant awareness of the divine order; an order of love and justice which embraces and underlies all order .... “The cantus firmus is the recurring rhythmic pattern which serves as the basis for the music, giving it a unity and consistency. ...it is the recurring cycle of prayer and communing with God which gives, as it were, the dominant ‘set’ to life. But over that cantus firmus all kinds of distinct melodies may be heard interweaving in a complex texture” .... “...the offices keep us in touch with the whole church. They do not impede the individual’s spiritual growth, but both nourish it and supply a standard by which it is to be judged” .... “..we need immersion too in Christian truth if we are rightly to interpret life and culture”* - John Macquarrie, *Paths in Spirituality*

### Personal Devotions

*...prayer must involve the unifying of the personality, the integration of mind and heart into one center.... Without self discovery there can be no further progress. In order to find God whom we can only find in and through the depths of our own soul, we must first find ourselves.’ Without self-knowledge our love remains superficial.* - Ken Leech, *Soul Friend*

## Learning Apostolic Practices

This is a form of spiritual guidance to help one to three people learn and use the core spiritual practices of the Anglican tradition. This is not about making you a saint. That’s a process between each of us and the Holy Spirit. This is about developing practices that prepare us for that engagement with the Holy Spirit. Christianity has a variety of spiritual traditions that have served people in their journey into holiness of life. This program will offer an Anglican Way.

If you participate, you’ll be expected to take on a number of spiritual practices connected with the Eucharist, the Daily Office and personal devotions/reflection. You’ll try them on for a period of months. We’ll help you find a way of using the practices that fits your temperament, circumstances, and gifts. You are committing yourself to try a few spiritual practices that may be new for you. So, this is a commitment to change and persevere.

*What’s needed to participate?*

To participate, you’ll need a Book of Common Prayer, a Bible, a current [Episcopal Church “Revised Common Lectionary Lesson Calendar”](#) (available from Church Publishing and Amazon), a copy of [Esther De Waal’s book \*Seeking God\*](#), an email account, and a computer with Zoom installed (video and audio must be usable). If you need financial help to participate, the parish has scholarship funds available, so don’t let that be an impediment.

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