



Daughters of the King
St Agnes Chapter
Oak Ridge, TN 37830



Advent Quiet Day

Date: December 11, 2008
Place: St Stephens Episcopal Church
Title: Preparing for Healing; "Meditations and Sharing"
Spiritual Leader: The Rev. Mary Lee Bergeron

[Rev Bergeron has experience in biofeedback, meditations. She has taught meditative techniques to teens, the terminally ill, those in need of healing of memories and in other spiritual settings.]

During our opening quiet and meditative time, we are asked, "What are we looking for today?" Some reply quiet and peace. Others are looking for fervent prayer. It is clear that we have come to be with each other as a community of believers.

We open our Day with the Daily Office led by Rev Bergeron. Doreen read Isaiah 7:1-9.

Isaiah 7:1-9

Isaiah Reassures King Ahaz

7In the days of Ahaz son of Jotham son of Uzziah, king of Judah, King Rezin of Aram and King Pekah son of Remaliah of Israel went up to attack Jerusalem, but could not mount an attack against it. ²When the house of David heard that Aram had allied itself with Ephraim, the heart of Ahaz and the heart of his people shook as the trees of the forest shake before the wind.

3 Then the LORD said to Isaiah, Go out to meet Ahaz, you and your son Shear-jashub, at the end of the conduit of the upper pool on the highway to the Fuller's Field, ⁴and say to him, Take heed, be quiet, do not fear, and do not let your heart be faint because of these two smouldering stumps of firebrands, because of the fierce anger of Rezin and Aram and the son of Remaliah. ⁵Because Aram—with Ephraim and the son of Remaliah—has plotted evil against you, saying, ⁶Let us go up against Judah and cut off Jerusalem and conquer it for ourselves and make the son of Tabeel king in it; ⁷therefore thus says the Lord GOD:
It shall not stand,
and it shall not come to pass.

⁸For the head of Aram is Damascus,
and the head of Damascus is Rezin.

(Within sixty-five years Ephraim will be shattered, no longer a people.)

⁹The head of Ephraim is Samaria,
and the head of Samaria is the son of Remaliah.
If you do not stand firm in faith,
you shall not stand at all.



Luke 22:1-13

The Plot to Kill Jesus

22 Now the festival of Unleavened Bread, which is called the Passover, was near. ²The chief priests and the scribes were looking for a way to put Jesus to death, for they were afraid of the people.

³ Then Satan entered into Judas called Iscariot, who was one of the twelve; ⁴he went away and conferred with the chief priests and officers of the temple police about how he might betray him to them. ⁵They were greatly pleased and agreed to give him money. ⁶So he consented and began to look for an opportunity to betray him to them when no crowd was present.

The Preparation of the Passover

⁷ Then came the day of Unleavened Bread, on which the Passover lamb had to be sacrificed. ⁸So Jesus sent Peter and John, saying, 'Go and prepare the Passover meal for us that we may eat it.' ⁹They asked him, 'Where do you want us to make preparations for it?' ¹⁰'Listen,' he said to them, 'when you have entered the city, a man carrying a jar of water will meet you; follow him into the house he enters ¹¹and say to the owner of the house, "The teacher asks you, 'Where is the guest room, where I may eat the Passover with my disciples?' " ¹²He will show you a large room upstairs, already furnished. Make preparations for us there.' ¹³So they went and found everything as he had told them; and they prepared the Passover meal.



Rev Bergeron on prayer. Sometimes we are shut down with the cares of the world. Prayer is like turning on the defroster. We are thawed from the inside, out. It melts our hearts, until we can find our way home.

Meditations. Scientific meditations, like bio-feedback, are powerful for healing. We use images to go into a meditative state. Learning to meditate more is important.



- **Meditation 1 - My Soul Thirsts For God (My need for healing)**

Psalm 42

Longing for God and His Help in Distress

To the leader. A Maskil of the Korahites.

¹As a deer longs for flowing streams,
so my soul longs for you, O God.

²My soul thirsts for God,
for the living God.

When shall I come and behold
the face of God?

⁸By day the LORD commands his steadfast love,
and at night his song is with me,
a prayer to the God of my life.

What is my need, today, for healing? Physical? Emotional? Spiritual?

We are led through a whole body relaxation technique.

Starting with our arms, we imagine them relaxed. Our legs, heavy and relaxed. Our neck, relaxed as our heads gently move forwards. We tilt our chin towards the right collarbone and towards the left. We breath in the life of God into our limbs and our core, our minds, and our spirit.

We look at our passage and note how the Psalmist goes back and forth between longing, being disquieted, hope in God, and praise. How do we find ourselves going back and forth in our leanings, and understandings, and emotions with God?

“I will meditate upon your kindness”.

Where am I today?

Where do I thirst?

What has caused sadness this week?

When have I felt joy?

When have I felt forsaken?

Prayer struggles?

Thoughts of “Why me?”

When have I felt God's presence?

Do we go back and forth with God during our day?



- Meditation 2 – Bringing Those We Love To Christ (Praying for others)

Prayer of Self Dedication

“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 unto you; and then use us, we pray you, as you will, and always to your glory and the welfare of your people; through our Lord and Savior Jesus Christ. Amen.”

Mark 2:1-12 (New Living Translation)

Mark 2

Jesus Heals a Paralyzed Man

1 When Jesus returned to Capernaum several days later, the news spread quickly that he was back home. **2** Soon the house where he was staying was so packed with visitors that there was no more room, even outside the door. While he was preaching God’s word to them, **3** four men arrived carrying a paralyzed man on a mat. **4** They couldn’t bring him to Jesus because of the crowd, so they dug a hole through the roof above his head. Then they lowered the man on his mat, right down in front of Jesus. **5** Seeing their faith, Jesus said to the paralyzed man, “My child, your sins are forgiven.”

6 But some of the teachers of religious law who were sitting there thought to themselves, **7** “What is he saying? This is blasphemy! Only God can forgive sins!”

8 Jesus knew immediately what they were thinking, so he asked them, “Why do you question this in your hearts? **9** Is it easier to say to the paralyzed man ‘Your sins are forgiven,’ or ‘Stand up, pick up your mat, and walk’? **10** So I will prove to you that the Son of Man^a has the authority on earth to forgive sins.” Then Jesus turned to the paralyzed man and said, **11** “Stand up, pick up your mat, and go home!”

12 And the man jumped up, grabbed his mat, and walked out through the stunned onlookers. They were all amazed and praised God, exclaiming, “We’ve never seen anything like this before!”

We can meditate on this passage as the one needing the healing and / or as the ones bringing others to Christ for healing. Jesus said that his sins were forgiven. Some may wonder if an illness is directly tied to sin. That is not the teaching of the passage. Jesus knew the importance of spiritual healing. Sometimes the weight of our sins is so heavy that it impedes healing.

As we meditate, we ask ourselves, what four people do I know who would carry me to Jesus? Or, as I meditate and I see myself as one of the four, I imagine being the leader. I need to initiate the effort to

bring my friend to Jesus, with three others. I mediate on the struggle to get there, the roadblocks, persuading my friend, and being creative to get past the difficulties to bring my friend to Jesus.

In our meditations today, the Daughters see ourselves as one of the four. We think of one needing to be brought to Jesus. We pick three other Daughters to go with us. We explain to our friend why only Jesus can do what the friend needs to be done. We can see ourselves telling our friend about Jesus along the way. We may be taking our friend in a wheelchair. The house is packed. It is a struggle to get our friend close to Jesus.

Jesus saw the faith that the friends had in bringing their friend to Jesus. He told him that his sins are forgiven.

Upon healing, we find we can stand, or if it is internal healing, we feel different.

As we return with our friend in the car, we talk and wonder why Jesus said that the sins are forgiven. Despite our questioning, we are happy. As we pray for others, we take them to Jesus.

Can I see myself and my friends as one of the four when praying for others in a community effort?

Open discussion. We thought of two of our Daughters who are at a medical situation today. Like lowering the stretcher, several members of the church joined together to bring help to them.

Rev Bergeron provides a helpful suggestion for meditations. She likes to read the scripture into a tape so that it can be played back, followed by silence, as she meditates on it.

We can pray first for ourselves. 2nd, for others who have needs for the help of others. 3rd, that I will know how to help.



[Lunch]

- **Mediation 3 - Being in Need of Christ's Healing Power (energy for service)**

When we become aware of our healing, what do we do? Do we run to tell others? Do we sit and quietly meditate on it? Do we doubt that it can be true?

As we mediate on being the one going to touch the arm of Christ, what image do we see? We all see the image differently. Some see their self as running to touch Christ. Another holds back, not feeling worthy. As the woman is bent over, some of us are physically bent, and others are emotionally bent over. To receive healing, sometimes it takes time.

What Christ did in his times, do we allow Him to do today? See the image of Christ coming towards us, we may not see His face, but we know His image. Forget the past, look to Christ, and hope.



Eucharist.

Celebrant – Rev Mary Lee Bergeron
Lector – Doreen Graf
Chalice Bearer/Acolyte – Brenda Irwin
Prayers of the People, Form III

Jeremiah 31:16-22

¹⁶Thus says the LORD:
Keep your voice from weeping,
and your eyes from tears;
for there is a reward for your work,
says the LORD:
they shall come back from the land of the enemy;
¹⁷there is hope for your future,
says the LORD:
your children shall come back to their own country.

¹⁸Indeed I heard Ephraim pleading:
'You disciplined me, and I took the discipline;
I was like a calf untrained.
Bring me back, let me come back,
for you are the LORD my God.
¹⁹For after I had turned away I repented;
and after I was discovered, I struck my thigh;
I was ashamed, and I was dismayed
because I bore the disgrace of my youth.'

²⁰Is Ephraim my dear son?
Is he the child I delight in?
As often as I speak against him,
I still remember him.
Therefore I am deeply moved for him;
I will surely have mercy on him,
says the LORD.

²¹Set up road markers for yourself,
make yourself signposts;
consider well the highway,
the road by which you went.

Return, O virgin Israel,
return to these your cities.

²²How long will you waver,
O faithless daughter?

For the LORD has created a new thing on the earth:
a woman encompasses a man.



Psalm 139

The Inescapable God

To the leader. Of David. A Psalm.

¹O LORD, you have searched me and known me.

²You know when I sit down and when I rise up;
you discern my thoughts from far away.

³You search out my path and my lying down,
and are acquainted with all my ways.

⁴Even before a word is on my tongue,
O LORD, you know it completely.

⁵You hem me in, behind and before,
and lay your hand upon me.

⁶Such knowledge is too wonderful for me;
it is so high that I cannot attain it.

⁷Where can I go from your spirit?
Or where can I flee from your presence?

⁸If I ascend to heaven, you are there;
if I make my bed in Sheol, you are there.

⁹If I take the wings of the morning
and settle at the farthest limits of the sea,

¹⁰even there your hand shall lead me,
and your right hand shall hold me fast.

¹¹If I say, 'Surely the darkness shall cover me,
and the light around me become night',

¹²even the darkness is not dark to you;
the night is as bright as the day,
for darkness is as light to you.

²³Search me, O God, and know my heart;
test me and know my thoughts.



Luke 5:17-26

Jesus Heals a Paralytic

¹⁷ One day, while he was teaching, Pharisees and teachers of the law were sitting nearby (they had come from every village of Galilee and Judea and from Jerusalem); and the power of the Lord was with him to heal. ¹⁸ Just then some men came, carrying a paralysed man on a bed. They were trying to bring him in and lay him before Jesus; ¹⁹ but finding no way to bring him in because of the crowd, they went up on the roof and let him down with his bed through the tiles into the middle of the crowd in front of Jesus. ²⁰ When he saw their faith, he said, 'Friend, your sins are forgiven you.' ²¹ Then the scribes and the Pharisees began to question, 'Who is this who is speaking blasphemies? Who can forgive sins but God alone?' ²² When Jesus perceived their questionings, he answered them, 'Why do you raise such questions in your hearts? ²³ Which is easier, to say, "Your sins are forgiven you", or to say, "Stand up and walk"? ²⁴ But so that you may know that the Son of Man has authority on earth to forgive sins'—he said to the one who was paralysed—'I say to you, stand up and take your bed and go to your home.' ²⁵ Immediately he stood up before them, took what he had been lying on, and went to his home, glorifying God. ²⁶ Amazement seized all of them, and they glorified God and were filled with awe, saying, 'We have seen strange things today.'

Let us go and serve the Lord!

Thanks be to God!