

JUST THIS DAY

At **St Martin in The Fields** with **Silence in the City** and Contemplative Outreach
Wednesday 25th November 2020

	JUST THIS DAY at St Martin in the Fields 25 November 2020
09.15 am	Welcome by Richard Carter Introduction by Jill Benet
9.20-10.55	Lesley O'Connor: Visio Divina or “Sacred Seeing”. <i>Slowing down and being with an image with an open mind and heart. Receptive to being transformed by silence and the gifts we behold.</i>
10.00 am	Bell and Silence
10-10-10.50	Rajesh David: From Sound to Silence. <i>An exploration of Sound and Silence through the lens of the Mandukya Upanishad which expounds the meaning of Om, symbolising the Self. Sing and learn four verses of this elegant text with Rajesh.</i>
11.00 am	Bell and Silence
11.05-11.50	Richard Carter: The Upward Gravity of Love – <i>Rediscovering Contemplative Prayer in difficult times.</i>
11.50	Thank you
12.00 noon	Bell and Silence

Description of sessions

Visio Divina with Lesley O'Connor

Visio Divina means “Sacred Seeing”. It is a practise of slowing down, and patiently being with an image with an open mind and heart. It is being receptive to being transformed by prayerful encounter with silence and the gifts we behold with grace and creativity.

Lesley will share from her experience of *Visio Divina* as an expanding feature of contemplative living and lead us in a time of Silence using this practise.

From Sound to Silence with Rajesh David

An exploration of “Sound & Silence” through the lens of the Mandukya Upanishad.

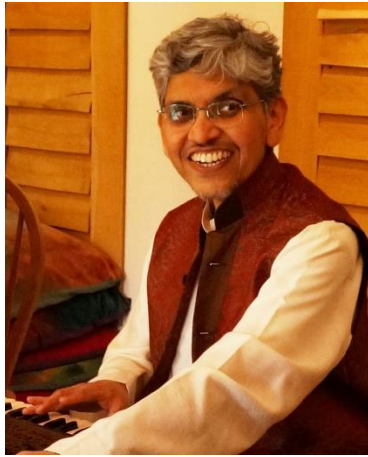
The Mandukya Upanishad is the most elegant and concise of the Upanishads. Its 12 verses expound the meaning of the mantra OM, which, according to the Upanishad, symbolizes the Self. It is a core text of Advaita Vedanta philosophy.

In this session we will not only look at 4 verses – we will sing them too!

Revd Richard Carter: The Upward Gravity of Love – *Rediscovering Contemplative Prayer in difficult times.*



Lesley O'Connor, lives in the seaside town of Tramore, County Waterford, Ireland. Her working life has been driven by human rights concerns for people who are marginalised because of their intellectual disability. Lesley finds her motivation in interfaith dialogue and contemplative living. A retreat leader for Contemplative Outreach, Lesley serves on the *Lectio Divina* Service Team of Contemplative Outreach Ltd. Lesley volunteers as a coach in transformational leadership with The Mastery Foundation, an organisation empowering those engaged in ministry and reconciliation work.



Rajesh David is an accomplished and versatile singer and composer, trained in Indian classical music. Born in India into a family of singers, he was a graded artist for All India Radio and Television. His compositions, influenced by Indian classical and folk traditions as well as contemporary music, are inspiring, energetic and heart opening.

Now living in Wales, Rajesh is vocalist for “Tÿhai”, an Indo-Celtic trio, and is also working with a Cardiff-based harpist and singer in an exciting collaboration called “Gitân”.

A graduate of the Yoga Institute, Mumbai, Rajesh has been a teacher and practitioner of Yoga for over 30 years. He has trained as a coach with Heart Math UK, which focuses on heart intelligence as a means of building resilience and managing stress. Rajesh conducts Yoga seminars in the UK and abroad. More on his music here: <https://rajeshdavid.bandcamp.com/>



Revd Richard Carter has served at St Martin’s since 2006 with particular responsibility for outreach: he is responsible for coordinating pastoral care and work with refugees and asylum seekers and those who are homeless. He also founded and leads the Nazareth Community, a diverse gathered community of more than 75 people, seeking to live a simple rule of life based on seven central practices: silence, service, sacrament, scripture, sharing, Sabbath and staying. The life of this community and their search to live prayerfully, generously and compassionately in the midst of

this busy city is detailed in his recent book *The City is My Monastery: A Contemporary Rule of Life*. Published by Canterbury Press 2019. Richard leads retreats and quiet days and is a frequent contributor to the BBC Radio 4’s Daily Service. Before he came to St Martin’s he was Chaplain to the Melanesian Brotherhood in the Solomon Islands and a Brother himself.