

EPICLESIS VIRTUAL CHAPTER HOUSE

Prayer and Eucharist, Thursday, May 1, 2025

Celtic Daily Prayer Book 2, Eata Readings, May 1

Psalm 40:3 † Ezekiel 17:22-23 † Philippians 4:5-7

Daily Reading

We don't remain aware of and awake to God's presence without some effort. Monastic rhythms can help us as well. Abbot Christopher Jamison speaks of creating a cycle of awareness in our lives:

Monastic life aims to remind us constantly that God is in our midst and sets up a virtuous circle of awareness to help us do this: pray constantly, in order to have a pure heart, in order to see God everywhere, in order to pray constantly.

And as Paul instructs us, "Christ Himself is before all things, and in Him all things hold together.... Christ is all and in all." --Colossians 1:17; 3:11

Meditation

May we have eyes to see and hearts to respond to Christ's presence in the here and now—"the sacrament of the present moment."

--Christopher Jamison