

EPICLESIS VIRTUAL CHAPTER HOUSE

Prayer and Eucharist, Thursday, August 20, 2026

Celtic Daily Prayer Book 2, Colman Readings, August 20-21

Psalm 116:5-7 † Isaiah 56:1-2 † John 6:32-35

Daily Reading

If you slow down for a day, then all kinds of alarming things can happen. You can start crying without having the slightest idea why. You can start remembering what you loved about people who died before you were ten, along with things you did when you were eighteen that still send involuntary shivers up your back. You can make a list of the times you almost died in your life, along with the reasons you are most glad to be alive.

Released from bondage to the clock, you eat when you are hungry instead of when you have to. Nine times out of ten you discover that you are far less hungry than you thought you were, or at least less for groceries than for the bread no one can buy. As you slow down, your heart does too. The girdle of your diaphragm loosens, causing great sighs too deep for words to pour from your body. In their wake, you discover more room around your heart, a great capacity for fresh air. Sabbath sickness turns out to be a lot like other sicknesses, which until now have been the only way you could grant yourself more than one day off from work. If you flee from the pain and failure, then you run into them everywhere you go. If you can find some way to open to them instead, then they may bring their hands from behind their backs and lay flowers on your bed.

Meditation

If you do any of these things, you will likely discover that they are very difficult to sustain all by yourself. It is hard to be a lone revolutionary, yet this is what you become when you start saying no. You rise up against your history, your ego, your culture and its ravenous economy....

My advice is to find yourself a partner revolutionary. Find a whole community of revolutionaries if you can. They will help you hang on to your vision, the one that helps you remember who you were created to be. They may even supply you with some missing details, along with the support to realize them.

--Barbara Brown Taylor