

# The Chapel Bell

October 28, 2020 Ladue Chapel Presbyterian Church - St. Louis, Missouri

## The Language of Prayer (part one)

"How am I to pray?" is a question I have asked, and one I am frequently asked. Some of us are well practiced in ways of praying that keep the intellect busy, such as reciting rote prayers, having a conversation with God that mostly consists of our own words, or reading spiritual books and devotional materials. Some of us may find that our ways of praying no longer nourish us as they had before. One of the greatest hindrances to prayer for me has been the expectation that I should pray in a certain way. We can let go of some ways that have become burdensome and discover ways that exist within our own heart, where God might be leading us. The ways we choose mirror the unique person God created us to be. "Pray as you can, not as you can't," is advice given by John Chapman (1865-1933), a Benedictine monk, abbot and scholar of early church history. By cultivating a practice of prayer, we can take the sacred into everything we do, integrating life and prayer.



We can all be contemplative theologians. When I first discovered contemplative prayer, I learned that prayer can be as simple as lighting a candle, symbolizing the light of Christ. Just being with this light may help us feel God's presence. Prayer is a way of life. It can be active: bicycling prayer, gardening prayer, carpentry prayer, knitting prayer, and even washing dishes prayer. Prayer can be noticing with a childlike sense of wonder and awe, offering gratitude, and simply sitting in silence with another. Prayer is resting in God, knowing that even when we have no words, God knows the prayers of our heart and will answer them in his time and way. If we feel overwhelmed or are seeking direction in life, a simple prayer we might carry with us each day is, "God, what is mine to do?"

If we are willing to let go of some familiar ways of prayer, we step into a simpler way of being with God. We must trust that God will lead us in this unfamiliar wilderness of contemplation. The line from the Lord's Prayer, "Thy will be done," invites us to ask, "How may I discern God's will for my life?" If we think too hard about what God's will might be for us, then what we hear is not God's voice but our own. Listening allows us to hear God's voice if we keep our heart and mind open to what God is saying. Praying in this contemplative way takes practice. Next week I will introduce how to listen for God and ways that may help you cultivate a life of prayer.

For more ways to grow deeper in relationship with Christ, visit the spiritual practices section on Ladue Chapel's website ([link here](#)).

Other ways you may wish to participate in Ladue Chapel's spiritual offerings include:

- **Midday Prayer over Zoom (15 minutes every Wednesday at noon)**
- **Open Labyrinth walk (LCPC parking lot) – Sunday, November 1; 3:00-5:00 p.m.**
- **Lectio divina (a fresh invitation to prayer with scripture) – Sunday,**

**November 15, 2:00-2:45 p.m.**

- Spiritual Companion group (small group of about 4 people who commit to meeting regularly as faithful prayer companions)

**Contact Anne Peacock** if you are interested in learning more about prayer and spirituality, or if you would like to form your own spiritual companion group.

## Cares, Concerns and Celebrations

Recently hospitalized or recovering at home  
Nancy Caverly, Vicki Haupt, Barbara Hibbard

We offer our Christian love and sympathy to the family and friends of Betty McCauley, who died and entered the church triumphant on October 10, 2020.

[Click Here for a remembrance of Jack Ogden by Steve Humphries](#)

[Virtual Offerings Click Here to Give](#)



**DAYLIGHT SAVINGS TIME  
ENDS THIS WEEKEND**

**THIS WEEKEND IS THE END OF  
DAYLIGHT SAVINGS TIME,  
DON'T FORGET TO TURN YOUR  
CLOCKS BACK ONE HOUR  
ON SATURDAY NIGHT!**



## LABYRINTH WALK

NOVEMBER 1, 3-5PM  
LADUE CHAPEL PARKING LOT

MASKS AND WAIVERS REQUIRED

CONTACT ANNE PEACOCK  
WITH QUESTIONS



# Labyrinth Walk

Ladue Chapel's canvas labyrinth is moving outside for a day

On All Saints' Sunday, November 1, you are invited to walk our labyrinth on the parking lot between 3-5 p.m. Presbyterian theologian Craig Dykstra observed, "The very action of walking the circuitous path of a labyrinth serves to still our thoughts, allowing space for God amid the usually jam-packed confines of our minds." This ancient form of walking meditation has been scientifically shown to ease stress and grief. The single-circuit path may also be used to work through a problem or concern that has been on your mind

Give yourself the gift of this prayerful time with God

**Contact Anne Peacock with questions.**

**Rain date: Sunday, November 8 (same time)**



## OUR LEGACY † OUR PROMISE



Interfaith Partnership's Annual Celebration Goes Virtual

# Repairing the World

*Save the Date*  
Oct. 29 • 7pm

Strengthening Connections in a Fractured Time

[interfaithstl.org/repair](https://interfaithstl.org/repair)



**Interfaith Partnership invites you to join them for their virtual celebration “Repairing the World: Strengthening Connections in a Fractured Time” on Oct. 29<sup>th</sup> at 7pm.**

During the evening's program, **Rev. Dr. Dieter Heinzl** will be recognized as the recipient of the 2020 Interfaith Lifetime Achievement Award for his years of service to Interfaith Partnership and his commitment to furthering interreligious dialogue and understanding in St. Louis and beyond.

**To join the celebration, visit [interfaithstl.org/repair](https://interfaithstl.org/repair) on Oct. 29<sup>th</sup> at 7pm. No registration or fee is required to join.**



# MIDDLE SCHOOL YOUTH SUNDAY FUNDAY

Come dressed to get a little messy!

Sunday, November 8, 2-3PM in the circle drive

Registration, Waiver, and Masks required

Register online at [laduechapel.org](http://laduechapel.org)

## Passing of the Peace

We would like to invite you to participate in passing the peace in one of our upcoming worship videos! The videos that you send in really help our church family to connect with each other. If you and your family or group would like to do this, just make a short video (10 seconds or so) on your cell phone, saying "the peace of Christ be with you...and also with you" and then email it to Jesi Hempstead at [jhempstead@laduechapel.org](mailto:jhempstead@laduechapel.org) Submissions must be received by Wednesday at noon to be included in the following Sunday's worship. If you are uncomfortable making the video yourself, please contact David Erwin to arrange a time to meet at the church to do a recording. That's all there is to it! Thank you for sharing the peace of Christ with your Ladue Chapel family near and far.



## Monday Madness

Monday Madness continues outdoors on Mondays from 3:30-4:30 p.m., weather permitting.

For students in Kindergarten through Grade 5  
Don't forget to register each week!

We look forward to seeing you there!

**Click Here to Register!**

## MUSIC MINISTRY

Music for All Saints Day

Chamber Choir will sing "Agnus Dei" from the Fauré Requiem  
and "Lux Aeterna" by John Bell.

Soprano Margaret Milligan Kerr will sing "Pie Jesu" from the Fauré Requiem.

## LET'S STAY CONNECTED!

**Fall Email Schedule:** Beginning next week, our email schedule will be updated for the fall. Below is an updated schedule of when you can expect to hear from us throughout the week. There may be additional emails if need be. We hope this is an easy way to stay connected.

- **Monday:** God in our Midst
- **Tuesday:** Midday Prayer Reminder
- **Wednesday:** Chapel Bell
- **Thursday:** Special Emails
- **Friday:** Sunday Worship Reminder

**Sunday Morning Worship** - 10:30 a.m., on Facebook (no need to have a Facebook account - just go to [www.laduechapel.org](http://www.laduechapel.org), click on Worship on the top and then find the link). Worship will also be available on our **YouTube channel**. Share our services with your friends on social media! We love meeting new people and growing our online community.

**Sunday Morning Zoom Coffee Half Hour** - Join us after worship, at **11:30 a.m.**, for a Zoom Coffee Half Hour. **Click here to join the Zoom Coffee hour** (the link to join will also be provided in the Facebook worship post and the worship information email on Friday.)



**Ladue Chapel**  
**Presbyterian Church (USA)**

---

---

*Making A Difference*

[laduechapel.org](http://laduechapel.org)

