

Chanting as Sacred Practice

A workshop exploring voice, attention, heart, and presence

Saturday, November 5 from 10a–4:30p

Episcopal Church of the Holy Spirit

433 Bone Camp Road, Marshall NC 28753

Join us as we explore contemplative chanting through guided group practice as a means of:

- expanding attention and presence
- deepening embodied spiritual awareness
- freeing body, mind, and emotions from habitual 'blocked' energies and conditioned attitudes

Whether you're a confident singer or a hesitant one, a person who's always enjoyed singing in choir, or one who hopes no-one will hear you, yet longs to join the music, this workshop will bring you closer to your true voice.

Anyone seeking a deeper, more embodied spirituality, will have the opportunity to discover, in a supportive group setting, how sacred chanting can enliven your practice of prayer and meditation, and enrich its outward expression in service to the world.

Our practice together will draw from the chants of Taizé, the ancient tradition of psalm antiphons, and a growing body of newly-composed Christian interspiritual chant being used in Wisdom Schools worldwide. Prior experience or training in singing may enrich the group experience, but is absolutely not necessary for participation, and may even get in the way.

All are welcome!

For more information, and to register, contact:

Jeanine Siler Jones (jsilerjones@gmail.com) or (828) 712-6632

Simple Vegetarian Lunch provided

Cost: \$60.00 (scholarship available)



About Darlene Franz: Darlene is a freelance oboist, music educator, singer, and chant composer residing in Seattle, Washington. She has been writing chants and teaching music and attention throughout the US and Canada, and in New Zealand for the past seven years. Her contemplative chants are in use at Wisdom Schools, retreats, and Centering Prayer groups across North America and beyond. Recordings of a sampling of her work may be found at wisdomchant.bandcamp.com.

Episcopal priest, author, and retreat leader Cynthia Bourgeault has this to say about Darlene's work:

"...I am delighted and grateful to report, [our recent Wisdom School] struck a new high water mark of subtlety and profundity, thanks largely to the inspired teaching brought by Darlene Franz and her inquiry into 'Singing and Conscious Attention.' Not quite singing lessons, not quite mindfulness training, but a magical blend of both, it helped us all to relax, embody, chant more confidently and musically, and cruise the updrafts of vibration (both personal and collective) 'in which all things hold together.' It was amazing to watch people get used to a different sort of attunement, not just of the mind, but of energy fields as well, and to watch the level of attention held by the group become finer and more sensitive."