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PRACTICING PRESENCE

With Ana Hernandez

A WORKSHOP ON
SPIRITUALITY AND MUSIC
SATURDAY, FEBRUARY 8, 2020
10:00 AM - 3:00 PM
ST. JOHN'S CHURCH,
COLD SPRING HARBOR

Ana Hernandez is a retreat leader, workshop facilitator and consultant, and teacher of chanting. She collects, composes, and records chants and short tunes for every topic imaginable. She's been on staff for many Music That Makes Community conferences has served on the Episcopal Church's Standing Commission for Liturgy and Music and is also a song leader for the NYS Poor People's Campaign.

How can we be God for one another? We begin by finding and nurturing God in us. In this workshop we will learn to use chants as icons (from the Greek eikon, meaning "likeness, image") of divine presence. We will tease and coax God into our presence through song. She will leap out and surprise us when we least expect it. We will find places of comfort and repose, and also begin to negotiate the places where we may not be very comfortable at all!

When we show up as our authentic selves, and encourage one another, channels of grace and play open and co-creation and possibility walk into the room and our hearts. When we make time to reflect on our lives as an image of divine presence, we make more love. We become that love insofar as we join with others in attending to the sense of how we sing what we sing (and for whom we sing it) reflecting on the things we tell ourselves and others, and learning to make our lives a continual offering. This is the way of peace and freedom (and laughter, and improvisation). Warning: You may have epiphanies in the context of group learning, and transformation and fun are highly likely to occur.

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