

# Introductory course in Deep Abiding Prayer

Tuesdays 3 - 31 May 2022. 7.30 – 8.30 pm via Zoom

Led by Petra Griffiths



*Photo by Mabel Amber from Pexels*

Deep Abiding Prayer (DAP) approaches contemplative prayer of the heart as a spiritual practice occurring in silence, and also as a way of being while in the midst of everyday life. The heart is seen as the seat of compassion, and the prayer is at the intersection between contemplation and action. This approach was developed by Episcopalian Chaplain Catherine Quehl-Engel, drawing on the presence of the Spirit as described in the Hebrew Scriptures as Ruach, as pneuma and energon in Paul's epistles, and as Holy Spirit or third member of the Trinity. We have adapted DAP for use in group and individual settings in the UK. We practise the prayer and hear readings and contemplative songs during the course sessions. We also do a short embodied practice at the start of each session.

**Petra Griffiths** is the Coordinator of Living Spirituality Connections and is Pastoral Care Coordinator at St. James's Church Piccadilly.

Further details about DAP are overleaf. **To book** for the course, or for further information, email [petragriffiths@livingspirit.org.uk](mailto:petragriffiths@livingspirit.org.uk) Participants need to attend all or most sessions.

Comments by participants in the first UK DAP course in 2021 include:

**“The course has been excellent in every way.”**

**“All the sources are brilliant”**

**“Truly life changing and affirming!”**

The [Deep Abiding Prayer course](#) is offered jointly by:

<https://www.sjp.org.uk/>

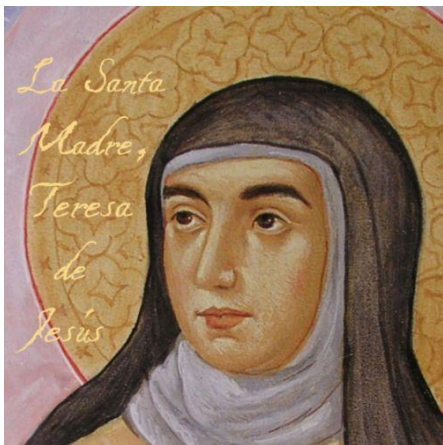
 St James's Church  
Piccadilly

<https://livingspirit.org.uk/>

  
Living Spirituality Connections  
Resources for spiritual journeys

The Deep Abiding Prayer (DAP) programme was created by Catherine Quehl-Engel not only for participants' healing, inner peace, and empowerment in their overstretched lives. It aimed to embody engaged citizenship, moral courage, civic and social responsibility. The programme also aimed to reclaim the original purpose of many contemplative spiritual traditions: to help awaken awareness of life's inter-connective oneness; and to live, love, lead, and serve as instruments of healing peace, but without seeking to be perfect.

In the dissertation **DEEP ABIDING: PRAYING, LIVING, AND LOVING FROM THE INSIDE OUT**, Catherine Quehl-Engel explains that as co-participants in the Incarnation we are required to live from an awareness of the indwelling Word of God rooted within us. In this form of prayer we let go of the impossible task of trying to be perfect before we perceive ourselves as acceptable and beloved by God. Participants in DAP are in communion not only with the indwelling Spirit but also with all who have ever shared the struggles and forms of poverty they, their loved ones, and others have known.



*St Teresa of Avila who developed the contemplative prayer of the heart*



*St Clare of Assisi whose writings are an inspiration for this form of prayer*

With Catherine Quehl-Engel's blessing we have slightly adapted this form of prayer for our own setting in the UK. I have been praying this prayer for a number of years twice a week. It works particularly well when a group of people agree to meet regularly to practise the prayer together (including via Zoom), and to pray for particular people and communities, while letting go of the outcome of the prayers, which we leave to the action of the Spirit.

**Sources for Deep Abiding Prayer of the Heart** and for the adapted version of it in use in the UK are overleaf.

**Sources for Deep Abiding Prayer of the Heart** and for the adapted version of it in use in the UK:

The dissertation by **Catherine-Quehl-Engel**, presented at Washington Theological Union, about the study into this form of prayer, and its sources within the Bible and the in the works of contemplatives, **DEEP ABIDING: PRAYING, LIVING, AND LOVING FROM THE INSIDE OUT**, can be read here:

<https://www.heartmath.org/assets/uploads/2015/01/deep-abiding.pdf>

Other sources for this adapted form of the prayer are:

**Larry Dossey** M.D.'s book ***Healing Words: The power of prayer and the practice of medicine.***

Professor **Alastair Cunningham's Healing Journey Program** developed at Princess Margaret Cancer Center, Toronto.

The **Heartmath Institute** who conduct scientific research into the importance of the heart as a physical organ and into its spiritual qualities. "Adding heart is especially about practicing kindness and compassion, along with forgiveness..."

<https://www.heartmath.org/>

**Modern visionaries** who combine contemplation and action, such as Richard Rohr, Matthew Fox, Cynthia Bourgeault, Thomas Merton and the late Archbishop Desmond Tutu.