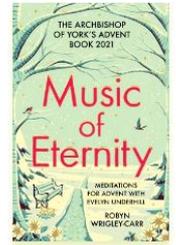


West Dartmoor Mission Community Advent 2021

*Music of Eternity: meditations for Advent with Evelyn Underhill*¹

By Robyn Wrigley- Carr

Introduced by Robyn² at <https://thebigchurchread.co.uk/music-of-eternity/>



Briefing notes

You may not have done a course quite like this before, but give it a go – you might find it speaks to you! This book falls into 4 weekly parts and each part has a 3-4 reading one for each day of the week ie 6 meditations each week. At the end of the daily reading are questions and prayers. The website <https://thebigchurchread.co.uk/> will host the videos and other helpful guidance from the 28th November.

The book asks us to sit quietly, undistracted and above all comfortable as we read each daily entry (if you are going to find this difficult see below). This is easier said than done I think. So I would suggest you might also like to put on your favourite piece of quiet gentle music to listen to before you read and use one of the prayers at the end of each daily read to lead you into the meditation and maybe have a hot cuppa within easy reach. And, as with any time of meditation or prayer - pause and let your mind be filled as God directs.

The other helpful aid is to have a pencil and piece of paper handy (as I was always told not to mark books!) to jot down those phrases, sentences or scripture readings you'd like to think about more or talk about with the group when we meet or simply because you find they 'speak' to you. This is not a book, I would suggest, you can read in a hurry.

Now for those who may find themselves pressed for time or how we can organise our first session.

- a) Try not to be in a hurry – it's not good for us! And please listen to the short video introduction (link up the page, you may have missed it)
- b) Each week, as a group, we can decide what we want to talk about next time and how to organise our sessions
- c) For the first group time together I suggest we read, as a minimum, day 5 and 6 (but all 6 if you can) and think about how you would answer the questions at the end.
- d) Also please bring with you any sentences, phrases, words, scripture reading³ or other thoughts that have come to you during or after you read.
- e) When we come together we will think through what we have read and the thoughts that have come to us from the words that Robyn has written. We will certainly use the prayers and plan our journey for the next week as a group.

Looking forward to meeting together, God bless

¹ Biographical details about Evelyn Underhill also posted on our website

² You may need to cut and paste this link into your browser

³ The Message translation is the primary one used throughout