



JULIAN OF NORWICH: A VOICE FOR OUR TIME

Teaching by Matthew Wright

A virtual retreat hosted by The Contemplative Society

Recorded live August 18—20, 2020

6-disc set or MP3 – Approx. running time: 6hrs.

In this recording we get to know Julian of Norwich, a 14th century anchoress, as a woman who speaks to all times. Living through pandemics and a series of revelations ranging from intense physical pain and spiritual anguish to unsurpassable sacred love, Julian has a voice that is not one of naïve hopefulness but of deep experiencing.

Over many years of reflection and meditation, she came to understandings of her revelations and committed them to writing. She delves into the big questions about the nature of creation, the human soul, humanity's purpose, sin, salvation, and the conundrum of why evil and suffering exist in a world created by an all-loving God. She proclaims the antidotes to despair and impatience to be trust and faith, not as conceptual beliefs but as another kind of knowing.

Matthew Wright steps us through Julian's insights from the perspective of today's world. He gives particular attention to two key revelations: the master and servant parable and her vision of the flowing blood of Christ. Step by step Matthew unveils Julian's deepening understanding of humanity's relationship to the All, the meaning of the cross, and the Motherhood of the Divine.

Julian received the message that she was to share her visions although they challenged her devotion to the teachings of the Holy Church. Seeking from the Lord why she was given the showings, she was answered: "The Divine wishes us to be more at ease in our soul and more peaceful in love." She experiences God's presence in the weal and woe as well as the good. And thus she is assured that "All shall be well, and all shall be well, and all manner of thing shall be well."

The Rev. Matthew Wright is an Episcopal priest and retreat leader. He serves at St. Gregory's Episcopal Church in Woodstock, NY and is a visiting teacher for The Contemplative Society and others seeking the renewal of the Christian Wisdom tradition. He is also a student of the Mevlevi Sufi path. He lives with his wife alongside the brothers of Holy Cross Monastery.

We hope you find this an enriching and beneficial teaching series. For additional audio recordings by Matthew Wright, Cynthia Bourgeault, and other Wisdom leaders hosted by TCS, please visit our website at www.contemplative.org

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Disc and Track Titles

Disc 1 (1:13:02) Getting to Know Julian		
Track 1	The role of Julian of Norwich in our time	(4:03)
Track 2	Julian's relevance today	(7:09)
Track 3	Julian's experience of her visions	(5:00)
Track 4	Julian as an anchorite and before	(7:14)
Track 5	Opportunities from sheltering	(5:30)
Track 6	Contemplating Julian's words: despair and impatience	(5:40)
Track 7	Julian's experience of opening to love	(7:54)
Track 8	Attachment and detachment	(4:39)
Track 9	Trusting the unfolding of life	(7:10)
Track 10	Blind trust vs. a knowing trust	(5:19)
Track 11	Wisdom way of prayer, trust, and faith	(8:10)
Track 12	Two ways of knowing	(5:14)

Disc 2 (0:44:26) Prayer of the Heart		
Track 1	Prayer of the heart practice	(13:08)
Track 2	Awakening and knowing with the heart	(5:48)
Track 3	God's single point in us	(2:57)
Track 4	Heart practice in our daily life	(6:31)
Track 5	Tools for intention in praying	(3:11)
Track 6	The heart as an instrument of knowing and energy	(6:08)
Track 7	Intercessory prayer and softening hardened hearts	(4:20)
Track 8	Chant—I Am With You	(2:23)

Disc 3 (1:00:50) The Lord and Servant Parable		
Track 1	A review and preview	(2:35)
Track 2	Julian's approach	(6:26)
Track 3	The seven pains of the servant	(7:28)
Track 4	Happy fault theology	(4:56)
Track 5	Three indivisible levels of meaning	(6:38)
Track 6	The divine exchange	(5:02)
Track 7	Humanity's purpose	(8:10)
Track 8	The two-way flow of the divine exchange	(3:51)
Track 9	True humanity and the Godhead as a single reality	(7:50)
Track 10	Linking the soul-God unity to the cross	(1:47)
Track 11	Who chooses whom	(1:41)
Track 12	Julian reading and Rumi chant	(4:26)

Disc 4 (0:54:17) Crucified Christ—The Depth of Love		
Track 1	Opening prayer	(1:25)
Track 2	Traditional views of the crucifixion	(4:25)
Track 3	The cross as a showing of God in all	(5:44)
Track 4	Did Jesus die for our sins?	(2:38)
Track 5	The vision of Christ's blood	(5:26)
Track 6	The Eucharistic universe	(5:55)
Track 7	The cross as medicine	(2:41)
Track 8	The conflict between love and evil	(5:13)
Track 9	Matthew's vision of love's depth	(3:25)
Track 10	Dealing with resistance and disturbances during prayer	(5:45)
Track 11	The vulnerability and invulnerability of an open heart	(2:21)
Track 12	The slow opening of the heart	(2:37)
Track 13	Allowing no time for the fiend	(1:59)
Track 14	Falling through fear into love	(1:38)
Track 15	Chant—Fall Fearless into Love	(3:05)

Disc 5 (1:12:14) Sin and the Human Person		
Track 1	Review of Julian's perspective	(5:49)
Track 2	The sin conundrum	(4:35)
Track 3	Gospel of Mary Magdalene on sin	(3:49)
Track 4	Two modes of humanity and sensuality	(6:44)
Track 5	Sin and the function of pain	(8:28)
Track 6	The God's eye view	(5:08)
Track 7	Divine and human perspectives	(5:05)
Track 8	The two truths	(4:30)
Track 9	All shall be well	(4:59)
Track 10	Free will	(3:22)
Track 11	Confession, absolution, and prophecy	(4:51)
Track 12	Integrating the vertical and horizontal	(1:30)
Track 13	Not dying alone	(2:08)
Track 14	A higher order out of disorder	(4:23)
Track 15	Contemplatives taking action	(4:44)
Track 16	Chant—One Heart Beating in All Things	(2:09)

Disc 6 (0:55:47) Universalism and the Feminine Face of God		
Track 1	A story of forgiveness	(5:15)
Track 2	The great deed	(7:21)
Track 3	Hell as a state not a place	(5:10)
Track 4	Julian's universalism	(3:52)
Track 5	Wisdom language for the feminine face of God	(6:00)
Track 6	The motherhood of God and Jesus	(5:36)
Track 7	Incarnation of the motherhood	(5:56)
Track 8	Integrating the feminine and masculine	(3:56)
Track 9	The collapse and birth of cultures	(4:26)
Track 10	Julian: A voice for our time	(4:12)
Track 11	Chant—Changeless and Calm	(2:02)
Track 12	Chant—All Shall Be Well	(2:01)

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