

## THE TAIZE SERVICE IN THE VALLEY

THE SERVICE IN THE VALLEY IS JUST  
30 MINUTES LONG AND IS  
STRUCTURED IN SUCH A WAY THAT  
YOU CAN TAKE PART OR JUST ENJOY  
THE STILLNESS THAT THE CHANTING  
AND PRAYERS CREATES.

THE CHANTS ARE REPETITIVE AND  
CAN BE JOINED AT ANY TIME. THIS  
LETS US EACH FIND A SPACE AND A  
VOICE.

THE 15 MINUTE SILENCE AFTER THE  
BIBLE READING ALLOWS US TO  
REFLECT DEEPLY AND FIND PEACE.

THERE IS NO NEED TO WATCH FOR  
TIMINGS OR TO EVEN OPEN YOUR  
EYES.

CONTEMPLATIVE PRAYER IS A GIFT  
THAT WE GIVE OURSELVES, A PROVEN  
TONIC FOR THE BODY AND MIND,

A GIFT FROM GOD

## CONTEMPLATIVE PRAYER

*THE CONTEMPLATIVE LIFE HAS TO DO  
WITH THE DESIRE TO SEEK STILLNESS  
AMID THE RUSH OF LIFE.*

*TO FIND SILENCE AMID NOISE,  
TO LISTEN AMID THE CLAMOUR TO  
SPEAK,*

*TO DEEPEN THE INTERNAL AMID THE  
PURELY EXTERNAL,*

*TO SEARCH FOR GOD  
AMID BUSY-NESS.*

*CONTEMPLATIVE PRAYER IS THE  
EXPRESSION OF THAT DESIRE*

FROM

THE FELLOWSHIP OF CONTEMPLATIVE PRAYER  
[HTTP://WWW.CONTEMPLATIVE-PRAYER.ORG.UK/](http://www.contemplative-prayer.org.uk/)



*Growing - in the  
love of God*

## TAIZE SERVICE WITH CONTEMPLATIVE PRAYER



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## CONTEMPLATIVE PRAYER

Henri Nouwen explains that, “the discipline of prayer is the discipline by which we liberate the Spirit of God from entanglement in our impatient impulses. It is the way by which we allow God’s spirit to move more freely” (Compassion, page 103).

He continues with these helpful insights: “The discipline of prayer makes us stop and listen, wait and look, taste and see, pay attention and be aware. Although this may sound like advice to be passive, it actually demands much willpower and motivation. We may consider the discipline of prayer a form of inner displacement. The ordinary and proper response to our world is to turn on the radio, open the newspaper, go to another movie, talk to more people, or to look impatiently for new attractions and distractions. To listen patiently to the voice of the Spirit in prayer is radical displacement which at first creates unusual discomfort. We are so accustomed to our impatient way of life that we do not expect much from the moment. Every attempt to ‘live it through’ or to ‘stay with it’ is so contrary to our usual habits that all our impulses rise up in protest. But when discipline keeps us faithful, we slowly begin to sense that something so deep, so mysterious, and so creative is happening here and now that we are drawn toward it – not by our impulses but by the Holy Spirit”

## THE TAIZE COMMUNITY

is an ecumenical monastic order with a strong devotion to peace and justice through prayer and meditation. The 100-strong community of Roman Catholic and Protestant monks is drawn from 30 countries across the world.

### **Brother Roger**

founded the Order in 1940. Br Roger was the son of a Protestant pastor and the youngest of nine children. From an early age he was conscious of the divisions between Protestants and Catholics but he was urged to look beyond them. At university, he first felt the call to monastic life. He was also greatly influenced by his grandmother's tales of helping refugees during the First World War. This gave him a strong desire to reach out to the poor and oppressed. As a concrete sign of solidarity, some of the brothers have now gone to live among the most oppressed and the poorest people of the world.

## **Taizé, France**

Brother Roger left Switzerland in 1940 travelling 70 miles before stopping in the semi-abandoned village of Taizé where an old woman offered him a meal. She encouraged him to stay in the village which was close to the ruined abbey of Cluny. He raised money to buy a disused house and outbuildings where he began to offer shelter to political refugees, including Jews fleeing Nazi persecution. In 1949, Brother Roger set up a monastic community with Protestants and later with Catholics too. Christian unity is the key to Taizé's appeal, making it a magnet for people of many different cultures and traditions.

### **Young Pilgrims**

Each year tens of thousands of young pilgrims flock to the small village of Taizé in central France to share in the community's way of life. Prayer and silence are at the heart of the Taizé experience. Young people from every corner of the globe are encouraged to live out the Christian gospel in a spirit of joy, simplicity and reconciliation.

<http://www.taize.fr/en>