



The Fellowship of  
Contemplative Prayer

**Recordings - Early Series**

**1990 - 2006**



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Contemplative Prayer

## **Recordings – Early Series 1990-2006**

Made to a high professional standard, our recordings are an invaluable resource for individuals and groups to supplement the work of Witnesses of the Word.

The Fellowship has two series of recordings: a current series which is available on CD and an early series which was previously available on cassette tapes but is now available as digital audio files. Recordings in the early series may be downloaded free of charge from the Fellowship's Website at <http://www.contemplative-prayer.org.uk>.

CDs may be ordered using the form at the back of the Resources Leaflet.

The Fellowship's CDs are compatible with the standard audio CD players, and may also play on digital devices such as computers that have an audio disk drive.

The Fellowship's digital audio files are compatible with most mp3 and mp4 players such as iPods, iPads, laptop computers and generic mp3 players. Using appropriate software, you or a tech-savvy friend, might also burn a digital file to a CD to enable the recording to be played on a CD player.

Each of the retreats is available as a convenient mp4 audiobook which has separate chapters for each session, or as a collection of separate mp3 files: one for each session.

The numbering on the graphic relates to the numbering on the Fellowship's website. The numbering in the list of each recording gives the track numbers.

## Into God



The Book *Into God* was written by Robert Coulson and is one of the foundation books for the Fellowship of Contemplative Prayer. The Revd Canon Martin Tunnickliffe, who knew Robert Coulson well, records some extracts especially from Chapter 3 which describes the method of contemplative prayer taught by the Fellowship. He then goes on to record introductions to 5 contemplative exercises.

The recording was made in 1990.

1. Introduction
2. Extracts from *Into God* read by Martin Tunnickliffe
3. Excerpt from Sarabande Suits No 3 (Bach) played by Cheryl House
4. Relaxation Exercise
5. Divine Peace – Matthew 12.28 and John 14.27
6. Short Relaxation Exercise
7. Divine Joy – John 15.11
8. Cello Music from 5<sup>th</sup> Movement Bach Suite No 3
9. Divine Power - Romans 13.1, Matthew 28.18 and 1 Corinthians 2.16
10. Cello Music from Sarabande Suite No 3 by Bach
11. Divine Wisdom – Colossians 3.9, I Corinthians 1.20, Psalm 104.24, Proverbs 3.19 and Ecclesiastes 7.12 and 19
12. Excerpt from 3<sup>rd</sup> Movement Sonata No 5 by Vivaldi
13. Divine Love – John 15.12, Jeremiah 31.3, John 4.14, John 15.12
14. Extract from *On Course in Contemplation* by Robert Coulson

## I AM: Interviews with Robert Coulson



This is a recording of conversations with Robert Coulson, the founder of the Fellowship of Contemplative Prayer.

The recording was made at Robert's retirement home in Oxfordshire when he was 91 years of age in April 1991.

1. Robert Coulson talks about his life and work to the Revd Michael Blood of BBC West Midlands starting with background from the Easter Vigil, Church of St Mary Magdalen, Jerusalem
2. White Russian Nuns, Orthodox Liturgy, St Mary Magdalen, Jerusalem
3. Robert Coulson talks about his spiritual ideas and philosophy with Sylvia Cartner, an ex-BBC Producer, who has done so much to facilitate recordings for the Fellowship
4. End of 1st Movement, Suite No 3 in C Major (Bach) played by Cheryl House (cello)
5. Conclusion of interview , Sylvia Cartner and Robert Coulson with the additional involvement in the discussion of Martin Tunnicliffe
6. Beginning of Largo from Sonata No 3 in A minor (Vivaldi), played by Cheryl House (Cello)
7. Robert Coulson talks about the Fellowship of Contemplative Prayer and the Anglican Church to the Revd Canon Martin Tunnicliffe, at that time General Secretary of the Fellowship with the additional involvement in the discussion of Sylvia Cartner
8. Bells – Church of the Holy Sepulchre, Jerusalem

## The Word of God



Six contemplative exercises recorded at Abbey House, Glastonbury, by the Revd Canon Martin Tunncliffe. The recording was made 'live' in May 1990.

This was originally two cassettes.

1. Introduction to tape 1 and relaxation exercise
2. Psalm 46.10: *Be still and know that I am God*
3. Ezekiel 36.26: *I will give you a new heart and put a new spirit in you*
4. John 12.32: *When I am lifted up, I will draw you to myself*
5. Introduction to tape 2
6. Exodus 25.8: *Make a sanctuary for me, and I will dwell among you*
7. Ezekiel 28.22: *I will gain glory within you ... you will know that I am the Lord*
8. John 15.1-5: *I am the vine you are the branches ...*
9. Epilogue based on James 1.19-23

## Contemplating the Word



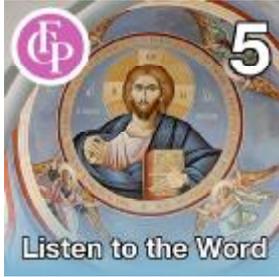
Four exercises in Contemplative Prayer recorded 'live' at a retreat at The House of Bethany in Hindhead.

The witness was Helen Morley. Helen takes the experiences of Peter as her starting point and leads the listener into contemplation through words that Peter would have heard.

1. Introduction and relaxation
2. Matthew 3.19 – *Come with me...*
3. Jeremiah 31.3 - *I have always loved you*
4. John 6.35 – *I am that living bread*
5. John 14.27 – *My parting gift to you is peace*

The water sounds are such an integral part of each exercise that they have been included with them.

## Listen to the Word



This recording was made 'live' at a Retreat at Pleshey Retreat House in Essex in 1995.

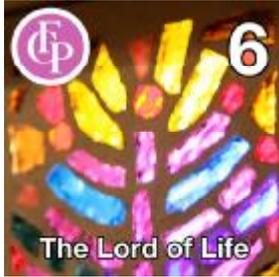
The Witness was Adrian Esdaile.

The recording includes 4 contemplative exercises and an introduction to the Healing Ministry.

1. Introduction and relaxation exercise
2. *Look at the birds... look at the flowers* (Luke 12.24 and 27)
3. *I am coming and will live among you* (Zechariah 2.10)
4. *I will be with you always, to the end of time* (Matthew 28.20)
5. *I will put my Spirit in you and you will live* (Ezekiel 37.14)
6. Introduction to Healing Ministry: *Do you understand what I have done for you?* (John 13.12)

You will also hear snatches of the sound of the bells from Pleshey Parish Church and of the dawn chorus, as well as some playing of a Celtic Harp.

## The Lord of Life



This is a 'live' recording of a retreat at The House of Bethany in Hindhead in 1997.

The Witness was The Revd Canon David Byford.

There are 5 contemplative exercises.

1. Introduction and Relaxation Exercise
2. John 5.24 – *Whoever hear my word and believes him who sent me has eternal life ... he has crossed over from death to life*
3. John 12.32 – *I, when I am lifted up from the earth, will draw all to myself*
4. John 15.4 – *Abide in me and I in you*
5. Second introduction and relaxation
6. John 11.25 – *I am the resurrection and the life*
7. Revelation 1.8 - *I am Alpha and Omega...*
8. Postscript drawing on Proverbs 8.35

In between the exercises there is a recording of the stream at Malling Abbey made on Christmas morning.

## A Future of Hope



This is a recording of a retreat taken 'live' at St Peter's Bourne, Whetstone, in 1999, commemorating the 50<sup>th</sup> anniversary of the Fellowship of Contemplative Prayer.

The witness was The Revd David Tann.

There are 4 contemplative exercises.

1. Introduction and Relaxation Exercise
2. Jeremiah 1.5 – *Before I formed you in the womb, I knew you; before you were born I set you apart*
3. Isaiah 30.15 – *In repentance and rest is your salvation, in quietness and trust is your strength*
4. Relaxation Exercise
5. Mark 8.2 – *I have compassion on these people ...*
6. Joel 2.28 – *I will pour out my Spirit on all people ...*
7. Dawn Chorus

## Sacred Time



This recording was made 'live' at Alton Abbey in 2001 where the retreat witness was the Revd Canon Martin Tunnicliffe.

There are six contemplative exercises to commemorate the principle Christian events during the year. Plainchant, sung by the monks at Alton Abbey, separates the contemplative exercises.

1. Bells and Monks singing Ps 133 during Night Prayer
2. Introduction and Relaxation Exercise
3. Advent: Matthew 8.7 – full introductions – *I will go and heal him*. The presentation begins with words from an Advent hymn
4. Monks singing The Benedictus from Morning Prayer
5. Christmas: Ecclesiasticus 24.3 and 9 – full introductions – *I came forth from the mouth of the Most High*. The presentation begins with words from a Christmas hymn.
6. Monks singing during Night Prayer
7. Relaxation Exercise
8. Epiphany: Mark 1.11 and Numbers 18.20 and Matthew 3.17 – sayings only – *You are my son whom I love ... I am your inheritance*
9. Monks singing and antiphon in Morning Prayer and a Lent Hymn
10. Lent: Hosea 2.13 and 14 – saying only - *...me she forgot ,, I will lead her into the desert and speak tenderly to her*. The presentation begins with verses from a Lenten hymn
11. Monks singing Ps 62 in Night Prayer and an Easter Hymn
12. Easter: John 11.25 – full introductions – *I am the resurrection and the life*.  
The presentation begins with verses from an Easter hymn
13. Monks singing *Salve Regina* and the Lord's Prayer
14. Pentecost: John 20,22 – full introductions – Receive the Holy Spirit.  
The presentation begins with a Pentecost hymn, Veni Creator (spoken)

## Awaiting the Spirit



A recording made 'live' at a retreat at Wychcroft, near Bletchingley, in Surrey in 2006.

The witness was the Revd Canon Adrian Esdaile.

There are 3 contemplative exercises and 3 guided silences. Between the exercises are hymns sung by the retreatants who were there. The timing of the retreat was in those days between the Ascension and Pentecost when Christians await the gift of the Spirit.

1. Relaxation Exercise
2. Contemplative Exercise: Zechariah 4.6 – *Not by might, nor by power, but by my Spirit*
3. Hymn sung by the retreatants – *Let all mortal flesh keep silence*
4. Guided Silence at the Eucharist: Luke 10.41 – *Martha, Martha, you are worried and upset about many things, but only one thing is needed ...*
5. Compline chant sung by the retreatants – *Before the ending of the day*
6. Guided Silence at Compline: Exodus 33.13 and 17 – *I know you by name*
7. Contemplative Exercise: Mark 4.11 – *To you has been given the mystery of the Kingdom of Heaven*
8. Hymn sung by the retreatants – *Come down O Love Divine*
9. Contemplative Exercise: Joshua 1.5 and 6 – *Be strong and very courageous, I will never leave you or forsake you*
10. Hymn sung by the retreatants – *Praise my soul the King of Heaven*
11. Guided Silence at the final Eucharist: Luke 24.49 – *I am going to send you what my Father has promised*
12. Final Blessing