

# Stillness

## *By Name I Have Called You*

Carey Landry

Be still, be still and know that I am your God.  
Be still, be still and know that I am with you.

***By name I have called you,  
By name I will save you,  
By name you are mine, you are precious to me.  
By name I have called you,  
By name I will send you,  
Forever with you I will be.***

Before you were born, I knew you,  
Within your mother's womb, I formed you  
I appointed you to speak in my name.

Comfort, comfort my people  
speak, speak to their hearts  
Speak tenderly, tenderly to them.



Jay Castor Unsplash



Our prayer is characterized by silence ~

*Be still and know that I am God!*

In that silence we listen for a new word.  
God is present in all our lives.  
God cares for us, and  
our life experiences are a source  
of deepening knowledge of God and self.

Inspired by God's Word in the silence  
we share from our hearts.

## Renew · Refresh · Refocus

14812 Lake Ave, Lakewood, OH 44107 | 216.228.7451  
[centeringspace@srsfcharity.org](mailto:centeringspace@srsfcharity.org) | [www.centeringspace.org](http://www.centeringspace.org)

A Sponsored Ministry of the Sisters of Charity of St. Augustine

## TO PONDER:

from *For Everything a Season*  
Joan Chittister

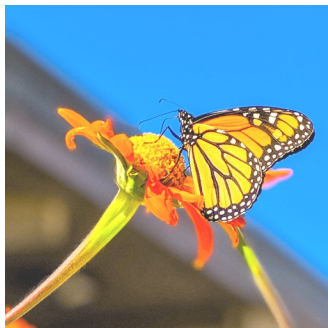
The philosopher Blaise Pascal wrote:

“The unhappiness of a person resides in one thing, to be unable to remain peacefully in a room.”

It is silence and solitude that bring us face to face with ourselves and the inner wars we must win if we are ever to become truly whole, truly at peace. Silence gives us the opportunity to raise our hearts and minds to something above ourselves, to be aware of a spiritual life in us that is being starved out by pollution, to still the raging of our limitless desires. It is a call to the Cave of the Heart where the vision is clear and the heart is centered on something worthy of it.

Silence is the beginning of peace. It is in silence that we learn that there is more to life than life seems to offer.

There is beauty and truth and vision wider than the present and deeper than the past that only silence can discover.



## READING:

Psalm 132 *Psalm for Praying*  
Nan Merrill

Enter into the Silence, into the Heart of Truth;  
For herein lies the Great Mystery  
where life is ever unfolding;

Herein the Divine Plan is made known,  
the plan all are invited to serve.  
Listen for the music of the Holy Word  
in the resounding Silence of the universe.

May balance and harmony be your aim  
as you are drawn into the Heart of Love.  
Wise are those who learn through silence;  
learn then to listen well.  
For beyond the silence and stillness within,  
you will come to know a profound  
and dazzling Silence.

Blessings of the Great Silence be with you  
as you help to rebuild  
the hearts of the world with love!

Sharing...

a word...

a phrase...

a reflection...