

In the Quiet Liam Lawton

When the leaves are fallen
And the branch is bare
Winter is calling
And chills the silent air
When the moon is covered
By shadows of the night
Know that I am with you
To call you to the quiet.

***Be still, O be still
For I am your God
Be still now and listen
And you will hear my word
Be still, O be still
Deep within your life
For you will find me
In the quiet.***

When souls are hurting
And they know not why
When hearts are broken
And children have to cry
When prayers are spoken
Late into the night
You will find your answer
If you come into the quiet.

When days grow longer
And the sun so shines
When hearts grow stronger
And hope becomes our sign
Leave the past behind you
Walk into the light
You will know my healing
If you come into the quiet.

Prayer Leader:

*Betsy Nero
2 / 7 / 2023*

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Be Still, O Be Still



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.

14812 Lake Ave, Lakewood, OH 44107 | 216.228.7451
centeringspace@srssofcharity.org | www.centeringspace.org

An Interfaith Ministry of the Sisters of Charity of St. Augustine

To Ponder

*"Noise Protects Us from Confronting
Ourselves" Joan Chittister, OSB*

"There are two major obstacles to a development of a spirituality of peace. The fear of silence and solitude looms like cliffs in the human psyche. Noise protects us from confronting ourselves, but silence speaks the language of the heart. Silence and solitude are what really bring us into contact both with ourselves and with others. Deep down inside of us reside, in microcosm, all the human hopes and fears, the struggles to control them, the hope to set them free, the peace that comes when we have confronted both the best and the worst in ourselves and found them both acceptable.

Silence requires a respect for solitude, however, and solitude is even more frightening than quiet. One of life's greatest lessons is that solitude and loneliness are not the same thing. Loneliness is that sign that something is lacking. The purpose of solitude, on the other hand, is to bring us home to the center of ourselves with such serenity that we could lose everything and, in the end, lose nothing of the fullness of life at all.

Silence does more than confront us with ourselves. Silence makes us wise. Face-to-face with ourselves we come very quickly, if we listen to the undercurrents that are in contention within us, to respect the struggles of others. Silence teaches us how much we have yet to learn. Or, as we get older, silence perhaps reminds us too that there are qualities that we may never with confidence attain and that will war in our souls till the day we die. Then face-to-face with our struggles and our inadequacies, there is no room in us for mean judgments and narrow evaluations of others. Suddenly, out of silence, comes the honesty that tempers arrogance and makes us kind."

Reading:

*Lumen Christi...Holy wisdom
Nan Merrill*

In silence learn to give of yourself,
forgive others,
live with gratitude.

Then you need not seek inner peace:
Peace will find you!



Sharing. . .

a word...

a phrase...

a reflection...