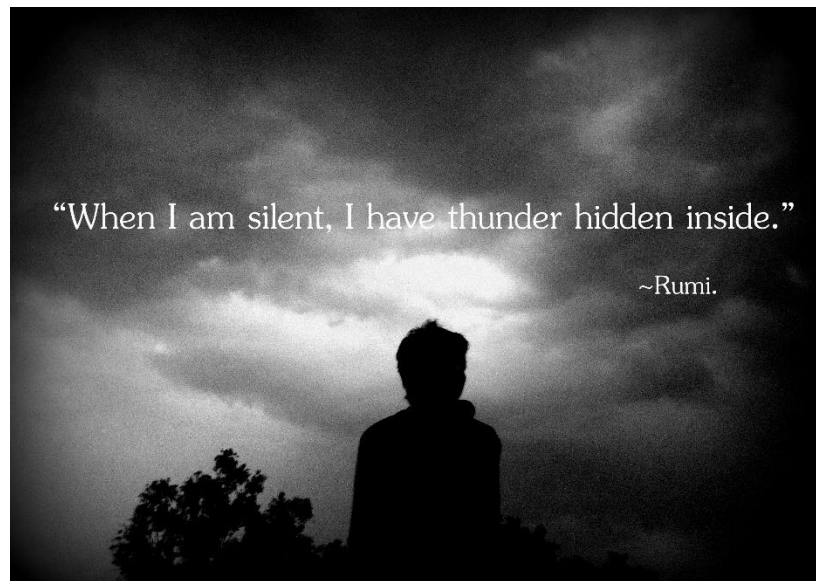


Silence



Silence is really vital to the human heart.
You see the human heart can't live with
 constant sound or noise.
It needs silence in order to heal itself.
The only two things that are ultimately required for spiritual homecoming are
stillness and silence.
If in your day you can build
 little windows of silence and
 little windows of stillness
You will never lose touch with your deepest voice.
You will never lose touch with your most secret belonging.
Even though you walk and talk in the world.
You will never leave the inner, tender home of your soul.

Charles William Golding (1931-2004)
A Time to Be Silent

There must be a time when we cease speaking
to be fully present with ourselves.
There must be a time when we exclude clamor

by listening to nothing whatsoever.
There must be a time when we forgo our plans
as if we had no plans at all.
There must be a time when we abandon conceits
and tap into a deeper wisdom.
There must be a time when we stop striving
and find the peace within.
Amen.

David O. Rankin (U.U. Minister San Francisco)

"He said [to Elijah], "Go out and stand on the mountain before the LORD, for the LORD is about to pass by." Now there was a great wind, so strong that it was splitting mountains and breaking rocks in pieces before the LORD, but the LORD was not in the wind; and after the wind an earthquake, but the LORD was not in the earthquake; ¹²and after the earthquake a fire, but the LORD was not in the fire; **and after the fire a sound of sheer silence.** ¹³When Elijah heard it, he wrapped his face in his mantle and went out and stood at the entrance of the cave. Then there came a voice to him that said, "What are you doing here, Elijah?"

-- 1 Kings 19: 11-13 NRSV

Silent prayer: it creates a deeper relationship with an infinite and mysterious God. It takes us down a path that ultimately leads to a deep friendship.

-- Jurell Sison, in The Importance of Silent Prayer

What we need most in order to make progress is to be silent before this great God with our appetite and with our tongue, for the language he best hears is silent love.

-- St John of the Cross

"The Lord is in His holy temple, let all the earth keep silence before Him."

-- Habakkuk 2:20

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