

Reflection Thursday Week 11 - 2020

Today's reflection on the importance of silence in Prayer *Macrina Wiederkehr OSB*

Silence is like a river of grace
inviting us to leap unafraid into its beckoning depths.
It is dark and mysterious in the waters of grace.
Yet in the silent darkness we are given new eyes.
In the heart of the divine we can see more clearly who we are.
We are renewed and cleansed in this river of silence.
There are those among you who fear the Great Silence is a foreign land.
Sometimes it is good to leap into the unknown. **Practice leaping!** (Seven Sacred Pauses)

I strain towards God; God strains towards me. I ache for God; God aches for me.
Prayer is mutual yearning, mutual straining, mutual aching. (A Tree Full of Angels)

Giving yourself up to love is melting into God.
It is falling into the hands of the living God with complete abandon.
This is the deep, interior prayer for which we have been striving.
Here we must let go of our dependency on thoughts, words, and images.
We go into the beautiful darkness. We stop struggling.
We let the angels carry us. Surrender is the only word we know. (A Tree Full of Angels)

Silence sounds like the space between night and day,
the glance of love that needs no words,
the full moon rising over the lake,
the morning dew on the quiet grass,
the first rays of the new day's sunlight,
a mystery too deep for words.

A Prayer by Macrina Wiederkehr

O Morning Song of Love,
O you in whom we live and move, and have our being!
We have been asleep too long.
Heal the unseeing part of our lives.
Lead us to our awakening places.
Awaken us to the new light.
Open the doors of our hearts
the windows of our souls,
the walls of our minds.
Awaken us to hope.
Awaken us to joy.
Awaken us to love.
Awaken us to new insights.
Make our hearts ready to receive
the brightness of your presence.
To you we give praise.

(Seven Sacred Pauses)

Oh Dear!!!!

What do you call a dinosaur with only one eye?

A Do-you-think-he-saw-us!

Two windmills are standing in a wind farm. One asks the other,

"What's your favourite type of music?"

The other says, **"I'm a big metal fan."**